

Sautéed Swiss Chard (Don't be afraid) from Food.com

1 ½ tablespoons butter

1 ½ tablespoons olive oil

2 garlic cloves, minced

1 pinch dry crushed red pepper

2 bunches [S](#)wiss chard, stems trimmed, leaves cut into 1/2-inch-wide pieces

½ lemon, juice of

salt

1. Melt butter and oil in heavy large pan over medium-low heat. Add garlic and crushed red pepper.
2. Sauté until fragrant, about 1 minute.
3. Add Swiss chard; stir to coat.
4. Cover and cook until tender (stirring occasionally) about 8 minutes.
5. Squeeze juice from 1/2 lemon onto chard.
6. Season to taste with salt.
7. Enjoy!