

VEGETARIAN SPICED-GARLIC SWISS CHARD IN OLIVE OIL*

Preheat oven 350°

- 2 bunches swiss chard roughly chopped, including stems
- 1/2 head celery, diced
- 8 cloves garlic chopped
- 1/2 cup light olive oil
- 1/2 tsp dried thyme
- 1/2 tsp dried cilantro
- 1/2 tsp kosher salt

1. Place all ingredients in a medium saucepan and cover.

2. Roast for 6 minutes.

*Freezes for up to 3 months in quality zip lock bags or freezer containers.

Perfect time to take advantage of preserving nutritious, seasonal vegetables. A healthy and delicious addition to home cooked meals all year around.