

Creamy Chard – From the Juda CSA Share

- 1 bunch organic chard
- 1/3 can organic coconut milk (preferably Native Forest – it has no BPA's in the can liner)
- 1 tbs organic coconut oil
- 1/2 organic lemon
- salt to taste (5 shakes)
- (optional protein – shrimp, scallops, chicken, salmon...)

1. Start melting the coconut oil in a large sauté pan on medium heat.
2. In the meantime, rinse the chard well and chop it roughly, stalk included (good fiber in there).
3. Drop the chard into the pan and cover it up. Let it cook for about 35 minutes, stirring occasionally.
4. Add coconut milk, lemon and salt and stir in evenly.
5. Let cook for a couple more minutes and serve.
6. Optionally, dice and cook protein beforehand and add to chard mix.

Nutritional Facts: 64 Calories, 9 Carbs, 3g Fat, 3g Protein, 887 mg Sodium, 6g Sugar