

Swiss Chard and Turmeric Sauce

Prep time:

10 minutes

Cooking time:

12 minutes

Yields:

4 people

Ingredients:

2 pounds Swiss chard
1 teaspoon coconut oil
1 teaspoon garlic, minced
1/2 teaspoon cumin, ground
1 teaspoon turmeric, ground
2 cups coconut milk
salt and pepper to taste

Directions:

Rinse chard; separate stems from leaves. Thinly slice stems ; cut leaves into 1-inch strips. To a saucepan add 2 teaspoons coconut oil. Add stems, garlic, cumin, turmeric and salt and pepper to pan; saute about 2 minutes. Add coconut milk, bring to a boil and reduce by half. Add leaves and cook until soft.