



Herban Health

providing and promoting community based
holistic healthcare to the medically underserved
in the San Francisco Bay Area

Chard with Tomatoes and Corn

Ingredients:

- 1 bunch Swiss Chard or dino kale. Remove stems. Chop into small pieces.
- 2 Tablespoons oil (olive oil is best)
- 1 teaspoon garlic.
- 1/8 teaspoon red pepper flakes
- pinch of salt
- 1 cup cooked corn kernels
- 24 sungold tomatoes or a mix of cherry and small pear-shaped tomatoes, cut in half

Instructions:

Cover the Swiss chard with cold water and set aside until ready to use. Heat the olive oil in a large sauté pan over medium-high heat. Add the garlic, red pepper flakes, and a pinch of salt. Saute for 30 seconds. Add the greens and sauté until wilted. Add the corn and tomatoes and cook for another 2-3 minutes, or until tender. Taste for doneness. Serve immediately!

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