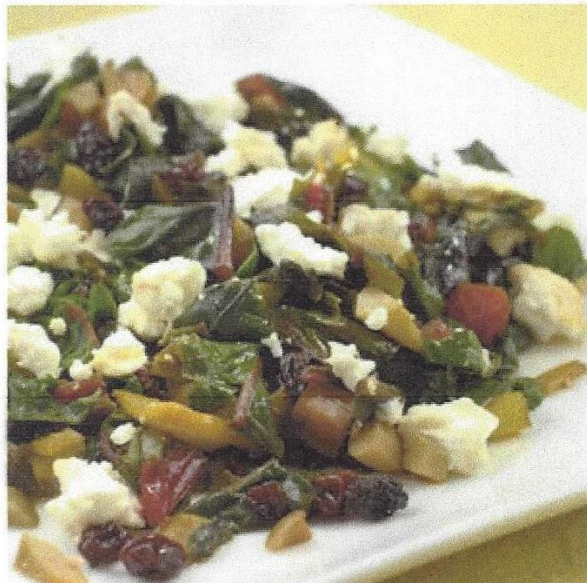


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Chard with Green Olives, Currants & Goat Cheese

http://www.eatingwell.com/recipes/chard_with_green_olives_currants_goat_cheese.html

From EatingWell: December 2006

Tangy green olives, sweet currants and creamy goat cheese turn chard into a sophisticated treat, just right paired with lamb chops.

6 servings, about 2/3 cup each | Active Time: 20 minutes | Total Time: 20 minutes

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 pound chard, stems and leaves separated, chopped (see Note)
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1/4 cup chopped pitted green olives
- 1/4 cup currants
- 1/2 cup crumbled goat cheese, (2 ounces)

Preparation

1. Heat oil in a Dutch oven over medium heat. Add chard stems, salt and pepper and cook, stirring often, until softened, 3 to 5 minutes. Stir in chard leaves and cook, stirring constantly, until wilted, about 2 minutes. Stir in olives and currants. Dot goat cheese over the top, cover and cook until the chard is tender and the cheese is melted, about 2 minutes more.

Nutrition

Per serving : 97 Calories; 5 g Fat; 2 g Sat; 3 g Mono; 4 mg Cholesterol; 10 g Carbohydrates; 4 g Protein; 2 g Fiber; 360

mg Sodium; 504 mg Potassium

1/2 Carbohydrate Serving

Exchanges: 1 vegetable, 1 fat

Tips & Notes

- **Note:** After washing the chard for these recipes, allow some of the water to cling to the leaves. It helps steam the chard and prevents a dry finished dish.

