

CHIPOTLE CHEDDAR CHARD

(from *The Simple Art of Eating Well*)

1 lb chard
2 tsp canola oil
1 small onion, halved and thinly sliced
1 medium tomato, chopped
1/4 c. chicken broth or water
1/4-1/2 tsp ground chipotle powder
1/4 tsp salt
2/3 c. shredded sharp cheddar cheese

Wash chard and let water cling to the leaves (it helps steam the chard and keeps the dish from drying out); separate stems and leaves and chop.

Heat oil in a large skillet over medium heat. Add the stems and onion; cook, stirring often, until softened, 3-5 minutes. Add tomato, broth (or water), chipotle to taste and salt; bring to a simmer. Add the leaves; cook, covered, stirring once, until just tender, about 2 minutes. Scatter cheese on top and cook, uncovered, until it is melted, 1-2 minutes more. Serves 4-6.