

# SAUTEED SWISS CHARD WITH DRIED APRICOTS AND PINE NUTS

SERVES 6

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*1/3 cup unsulphured dried apricots (about 10)*  
*2 bunches Swiss chard, (about 2 pounds), washed but not dried*  
*1 medium red onion, diced*  
*3 Tablespoons unrefined, cold pressed extra-virgin olive oil*  
*Fine sea salt and freshly ground black pepper*  
*1/4 pine nuts, toasted*  
*Optional: best quality balsamic vinegar for drizzling*  
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1. Place the dried apricots in a bowl with hot water to cover. Soak 10 minutes and drain. Chop coarsely or slice into slivers.
2. Separate the Swiss chard stems from the leaves. Dice stems and keep separate. Coarsely chop the leaves.
3. Heat the oil over medium heat in a large skillet. Add the onion and cook for 1 minute. Add the chard stems and cook, stirring occasionally, until slightly tender, about 3 minutes. Add the chopped chard leaves and apricots. Lightly season with sea salt and pepper and sauté until the leaves are tender, about 5 minutes.
4. Sprinkle with pine nuts and serve immediately or at room temperature. You can also drizzle a few drops of balsamic vinegar, if desired.