

# SAUTEED SWISS CHARD DIP

Recipe adapted from: <https://www.bonappetit.com/recipe/swiss-chard-tahini-dip>

## INGREDIENTS

- 2 bunches of Swiss chard (about 1.5 lb.)
- $\frac{2}{3}$  cup extra-virgin olive oil, divided
- 5 garlic cloves, finely chopped
- $\frac{1}{2}$  cup tahini (sesame seed paste)
- 2 lemons, juiced
- $\frac{1}{2}$  tsp salt
- Toasted flatbread and lemon wedges (for serving)

## TOOLS NEEDED

- Knife
- Cutting board
- Measuring cups and spoons
- Blender
- Skillet

## NUTRITION INFORMATION

No tahini? Try replacing this sesame paste with peanut butter or sun butter to get the creamy texture while adding protein.

## PROCEDURE

- Separate the leaves from the ribs/stems. Chopping the ribs into small pieces and tearing the leaves.
- Heat  $\frac{1}{3}$  C of oil in the skillet, sauteeing ribs/stems until tender, 5-7 minutes. Add garlic and leaves, stirring until all leaves are wilted, about 8-10 minutes.
- Place swiss chard mixture, tahini, lemon juice, salt, and  $\frac{1}{3}$  C oil into a blender and combine until creamy. This may take up to 5-6 minutes.
- Serve with pita or flatbreads. Additional lemon juice or olive oil can be added to taste.



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