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.)
- 2/3 cup extra-virgin olive oil, divided
- 5 garlic cloves, finely chopped
- 1/2 cup tahini (sesame seed paste)
- 2 lemons, juiced
- 1/2 tsp salt
- Toasted flatbread and lemon wedges (for serving)

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

PROCEDURE
- Separate the leaves from the ribs/stems. Chopping the ribs into small pieces and tearing the leaves.
- Heat 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 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.

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