



A TASTEFUL PLACE
AT THE DALLAS ARBORETUM

Swiss Chard Stem + Berry Agrodolce

Hero Vegetable: Seasonal Berries

Ingredients

- 2 c swiss chard stems, sliced into 1-2" pieces
- 2 tbsp olive oil
- 2 tbsp honey
- 2 tbsp vinegar (sherry, red wine, or apple cider)
- 1 c seasonal berry mix
- ½ tsp salt
- Black pepper, to taste
- Chili flakes, to taste

Allergies: Honey

Directions

Using a sharp knife, slice out the stems of swiss chard. Cut the stems into 1-2" pieces.

Boil water with a pinch of salt and then toss in the swiss chard stems. Boil until tender (1-2 minutes) and then remove and place in a bowl of ice water. Let sit for 15-30 seconds, and then strain and lay out over some paper towels to dry.

In a sauce pan heat oil on medium, then toss in blanched stems. Saute for 2-3 minutes, and then add the honey and vinegar. Simmer until slightly thickened. Toss in your berry mix and cook for another minute or two. Finish with salt, pepper, and some chili flakes.