



Swiss Chard with Golden Raisins and Pumpkin Seeds by Candice Kumai  
*Makes 6 Servings*

Ingredients:

2 pounds Swiss chard, stem ends trimmed  
¼ cup raw hulled pumpkin seeds  
1 tablespoon extra-virgin olive oil  
1 small red onion, halved and thinly sliced ½ teaspoon sea salt ½ cup golden raisins  
1 tablespoon fresh lemon juice

Preparation:

Place the chard on your cutting board. Use a sharp knife to cut out the colorful stems from the leaves. Slice the stem cross-wise into ¼-inch pieces and place them in a bowl. Working in batches, stack the greens, roll them into a thick cigar shape and slice them crosswise into ¼-inch-wide ribbons.

Toast the pumpkin seeds in a small skillet over medium heat, shaking the pan often, until fragrant, toast-brown and plump, 3-4 minutes. Transfer to a small plate to cool and set aside.

Heat the oil in a large nonstick skillet over medium-high heat. Add the onion and salt and cook, stirring often, until it begins to soften, 3-4 minutes. Stir in the chard stems and cook until they're starting to soften, about 4 minutes. Add the greens and cook, stirring often, until they begin to wilt, about 4 minutes longer. Stir in the raisins and turn off the heat. Sprinkle the pumpkin seeds over the top and serve.