Greens 'n things *with chicken sausage and angel hair!*

**contains wheat and milk*

Ingredients:

1 bunch Swiss chard – chiffonade
10.5 oz. cherry tomatoes
1/2 cup water
1 lemon
2 cloves garlic – minced
2 TBSP extra virgin olive oil - divided
1 package sun dried tomato chicken sausage
½ pound angel hair pasta - cooked*
Freshly grated Parmesan cheese* for garnish
Salt and pepper to taste.



Instructions:

1. In a large skillet, heat 1 TBSP of olive oil.
2. Remove the casings from the sausage, crumble and add to the pan. Cook until browned, about 6 minutes, remove from pan and put aside.
3. Heat the remaining olive oil and add garlic.
4. Allow the garlic to bloom for 30 seconds.
5. Carefully, add cherry tomatoes and then water. Cover and cook until tomatoes split.
6. Add Swiss chard and cook for 3 minutes.
7. Add the chicken sausage and angel hair, toss to combine and heat through.
8. Squeeze the lemon over the mix and toss again.
9. Serve garnished with Parmesan cheese and enjoy!



Ask your chef to tell you about Swiss Chard!

Swiss chard is in the same botanical family as beets and spinach! It is sometimes called beet spinach, silverbeet, or mangold. Swiss chard is touted as a "power green" because it provides a TON of nutrition without many calories. Known for being an excellent source of iron, which is needed to make blood cells, it is also VERY high in Vitamin K the blood clotting vitamin! Just a small serving goes a long way toward your daily needs for vitamins A, C - and so much more!

Currently Swiss chard is being researched for it's apparent ability to prevent diseases like cancer, so dig in!

Today we:

- Explored Swiss chard and talked about why it's so great for us.
- Learned some new cooking lingo:
  Chiffonade - to cut finely, or shred.
  Bloom - to open up the flavor of spices or seasonings by heating them in oil.

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