Swiss Chard with Lentils

Yield: 4 servings  
Preparation Time: 50 minutes

Ingredients
- 2 Tbsp olive oil, divided
- 1 bunch (12 oz) Swiss chard
- ½ medium yellow onion
- 2 garlic cloves
- 1 cup dry lentils
- 2 cups water
- 4 teaspoons red wine vinegar
- ¼ tsp pepper

Preparation Instructions
1. Chop the Swiss chard into bite sized pieces.
2. Heat 1 Tbsp of olive oil in a saucepan over medium heat. Sauté the Swiss chard until tender, about 5 minutes. Remove from pan and set aside.
3. Chop the onion and garlic.
4. Heat the remaining olive oil in the saucepan over medium heat. Add the onion and garlic to the oil and stir until soft, about 5 minutes.
5. Add lentils and water to the onion and garlic. Bring to a simmer and stir occasionally until tender and the water has evaporated, about 30 minutes.
6. Add the cooked Swiss chard, red wine vinegar and pepper to the lentil mixture until evenly combined.

Nutrition Analysis
Per Serving: 230 calories; 8g fat (1g saturated, 0g trans); 0mg cholesterol; 190mg sodium; 32g carbohydrate (9g dietary fiber; 3g sugar); 12g protein. Vitamin A 110%, Vitamin C 45%, Calcium 8%, Iron 25% Daily Value.

Cost
Per serving: $1.44