



Urban Harvest

## HEALTHY FOOD IN A **SNAP**

CREAMED SWISS CHARD WITH HAM



DOUBLE UP  
FOOD BUCKS



Did you know? All fruits and vegetables can be purchased with SNAP Benefits

Find out more at: [www.urbanharvest.org/famers-markets/SNAP](http://www.urbanharvest.org/famers-markets/SNAP)



An Anthem Company

# CREAMED SWISS CHARD WITH HAM

## INGREDIENTS

2 tablespoons olive oil

¼ cup diced ham

¼ cup minced onion

1 ½ tablespoon garlic

8 cups Swiss Chard

1/3 cup heavy cream

Salt and pepper to taste

¼ cup grated parmesan cheese

¼ teaspoon nutmeg



**6 QT.  
SAUTÉ PAN**

**COOK**



**UTENSIL**

**STIR**



**COOK  
TIME**

**10 MIN**

## INSTRUCTIONS

Heat olive oil in large sauté pan over medium heat. Add the ham and sauté about a minute. Turn up heat and add the garlic and onion. Cook until onion is clear.

Add the Swiss Chard, cook just until the leaves wilt.

Add heavy cream and bring to a simmer. Cook till tender, about 5 minutes.

Season with salt and pepper.