



Swiss Chard & Potatoes Hash

INGREDIENTS

1 bunch Swiss Chard, chopped
4 c Fingerling Potatoes, thick slices
3/4 - 1 c Baby Eggplant, thick slices
1 med/lg Yellow Onion, thinly sliced
3 large cloves garlic, thinly sliced
Oil for sautéing
Salt, Red Pepper Flakes to taste

INSTRUCTIONS

1. Wash the Swiss Chard, removing any stems that might be too hard to eat. Stems that don't look too woody can be chopped up and cooked. Chop the chard and blanch in salted in boiling water just until wilted. Remove and set aside.
2. Using the same water add the potatoes and let cook until tender.
3. Meanwhile, sauté the onions, garlic and Baby Eggplant over medium heat. You want to get these nicely browned, almost crispy.
4. Once the potatoes are done, drain and add those to the onion mixture.
5. Squeeze all the excess water from the Swiss Chard and chop again. Add to the entire sauté and heat through until everything is combined and warm.

Alternative ways to enjoy this comfort food dish:

- Eat it straight up as is for a side dish to any protein: fish, meat, chicken
- Smash it up, form small patties and fry them as potato cakes
- Use it as a topping on a lettuce salad. Add beans then top with the warm potato mixture.
- Egg/Potato Sandwich: Scramble an egg and add the mixture and cook. Enjoy it as an omelet or take it up a notch and put the egg mixture on a roll