

Swiss Chard with Garbanzo Beans and Fresh Tomatoes

2 tablespoons olive oil
1 shallot, chopped
2 green onions, chopped
1/2 cup garbanzo beans, drained
salt and pepper to taste
1 bunch red Swiss chard, rinsed and chopped
1 tomato, sliced
1/2 lemon, juiced

Heat olive oil in a large skillet. Stir in shallot and green onions; cook and stir for 3 to 5 minutes, or until soft and fragrant. Stir in garbanzo beans, and season with salt and pepper; heat through. Place chard in pan, and cook until wilted. Add tomato slices, squeeze lemon juice over greens, and heat through. Plate, and season with salt and pepper to taste.