

Creamed Swiss Chard

2 lbs Swiss chard
2 tbsp butter
1 tbsp all purpose flour
1/2 cup heavy cream
2 cloves garlic, minced
1 tsp dried thyme
1/2 tsp ground nutmeg
salt and pepper

Roughly chop Swiss chard into manageable pieces. Separate the stems and leaves. Bring 6 cups of salted water (about 2 tsp of salt) to boil in large saucepan. Add chard stems and simmer about 4 minutes. Add in chard leaves and simmer 2 minutes more. Drain chard stems and leaves, squeezing out any excess water. Set aside. In large skillet, melt butter over medium high heat. Stir in flour and continue stirring until mixture forms a paste. Slowly add cream, garlic, thyme, and nutmeg, whisking constantly until mixture thickens. Add in drained Swiss chard and stir. Season with salt and pepper to taste.