

## **Swiss Chard with Onions**

2 teaspoons olive oil

2 cups thinly sliced onion

8 cups torn Swiss chard (about 12 ounces)

1 teaspoon Worcestershire sauce

1/4 teaspoon salt

1/8 teaspoon black pepper

Heat oil in a large skillet over medium-high heat. Add onion; saut\* 5 minutes or until lightly browned. Add chard; stir-fry 10 minutes or until wilted. Stir in Worcestershire, salt, and pepper.