



Swiss chard is loaded with Vitamin K, A, C, E, Magnesium, Manganese, Potassium, Iron and on and on the list goes! Talk about a super food! Here's an easy recipe for this extremely healthy leafy green!

2 bunches of Swiss Chard
2 leeks, washed well; white and light green parts chopped
1 teaspoon ground nutmeg (preferably freshly grated)
3 egg whites, lightly beaten
1 1/2 cups grated white cheese (Farmers, Feta, Cotija)
2 sheets puff pastry
Salt & Pepper
Olive oil

Preheat oven to 350 degrees.

Remove Swiss chard leaves from stems. Rinse well, making sure to remove all of the dirt. Pat dry with a paper towel. Tear leaves into medium size pieces.

Heat a large skillet with some olive oil. Add the leeks and cook until translucent, for about 5 minutes. Add the Swiss chard and mix until it wilts and reduces in size.

Add the nutmeg and season with salt and pepper. Add the beaten egg whites and mix until egg is cooked through. Remove from heat.

Butter a 9x13 inch baking dish. Place a sheet of puff pastry at the bottom.

Add the Swiss chard and egg. Layer the grated cheese on top. Cover with the second puff pastry sheet and press the edges on the side of your pan. Cut little holes into the top pastry layer.

Place pie in oven and bake for 35 to 40 minutes until filling is bubbly, cheese is melted and pastry is browned. Remove from oven and allow to sit for 5 minutes before serving. Enjoy!

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