Walnut & Cranberry-Studded Greens

Ingredients
2 bunches (about 6 cups) Swiss chard, stemmed and cut into bite-sized pieces
2 tablespoons extra virgin olive oil
1 red onion, cut into quarter moons (about 1 cup)
Pinch of sea salt
1 clove garlic, minced
1/3 cup dried cranberries
2 tablespoons chopped walnuts
*2-4 tablespoons water, vegetable broth or apple juice (to deglaze pan)

Directions
1. Cover chard with water until ready to use.
2. In a large, deep sauté pan, heat the olive oil over medium-high heat. Add the onions and a pinch of salt. Sauté for 3-5 minutes. Decrease the heat to low and cook slowly until the onions are caramelized, about 20 minutes.
3. Add the garlic and stir for about 30 seconds, just until aromatic. Add the cranberries and stir for about 30 seconds. Deglaze the pan with 2 tablespoons of water or vegetable broth or unsweetened apple juice to loosen the flavors from the bottom of the pan.
4. Add the greens to the pan with a pinch of salt, continuing to add as many greens as will fit.
5. The water that adheres to the greens will be enough liquid to wilt the greens. Taste the greens, add an additional tablespoon of water or broth of juice, if needed, cover the pan, and cook the greens until tender, 2-3 minutes. Taste again, adding a pinch of salt, a drop or two of maple syrup, if necessary.
6. Sprinkle on walnuts, and pour cooking juices over the greens before you add the nuts to add nutrients!

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