



A Recipe from



## *DR. SINATRA'S*

### SPINACH & SWISS CHARD WITH PINE NUTS

A staple of the Mediterranean diet, Swiss chard and [spinach](#) are about as good as it gets when it comes to heart-healthy nutrients. They are loaded with antioxidants for strengthening your heart, nourishing your cells, and even reversing aging. The pine nuts add a nice crunch and help bring out the vegetable flavors. You'll enjoy every bite of this tasty dish that's oh-so easy to make!

*\*Choose organic produce whenever possible\**

- 2 tablespoons extra-virgin olive oil, coconut oil, or ghee
- 2 small shallots or 2 cloves [garlic](#), minced
- 4 cups Swiss chard, chopped
- 8 cups baby spinach
- ¼ cup toasted pine nuts
- Dash salt, Celtic or sea

Heat the oil or ghee in a large frying pan over medium heat. Add the shallots or garlic and sauté for a minute or two, until translucent. Add the Swiss chard and sauté for 2 more minutes. Add the spinach and stir until wilted. Stir in the toasted pine nuts and salt. Serve immediately. Serves 4.

For more great recipes visit [Dr. Sinatra's Recipes for Health page!](#)

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