

# Chard and Poached Eggs

Number of Servings: 1

Prep Time: 10 minutes

Cook Time: 15 minutes

## Ingredients

1 medium onion, chopped

1 bunch chard, chopped

1/4 cup water

2-4 eggs

## Instructions

Chop the onion and the chard stems, add to large frypan that you have a lid for. Cook for 5-10 minutes until onions are soft.

Add the chopped chard leaves, cook for 2-3 minutes until wilted down. Depending on the size of your frypan you might need to add the chard in 2 batches.

Once the chard has wilted, crack the eggs on top and cover for 5-8 minutes depending how well done you want the eggs. Serve with butter, salt and pepper.