



Chard or Spinach a la MultiCocción

Ingredients:

Chard or Spinach

1 bunch

Salt

to taste

Preparation

Remove stems from the chard or spinach. Wash very well and place in the MultiCocción without drying it the amount that fits. Add salt and cover then microwave for 2 minutes on high.

Let it cool, drain and then you have your vegetable ready for any preparation.

