



## 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.

