

Penne with Swiss Chard and Garlic**Yield:** 2 Servings**Ingredients:**

- 1 pound Swiss chard, stems cut from the leaves and stems and leaves chopped separately
- 1/8 teaspoon dried hot red pepper flakes or to taste
- 2 large garlic cloves, sliced thin
- 2 tablespoons olive oil
- 1/2 cup water
- 1 cup drained canned tomatoes, chopped
- 1/2 pound penne or other tubular pasta
- 1/2 cup grated Parmesan cheese, plus addition as an accompaniment

Directions:

1. Rinse and drain the Swiss chard stems and leaves separately.
2. In a large heavy skillet cook the red pepper flakes and garlic in the oil over moderate heat, stirring, until garlic is pale golden.
3. Add the stems and 1/4 cup of the water. Cover and cook the mixture for 5 minutes or until the stems are just tender.
4. Add the leaves with the remaining 1/4 cup water and salt and pepper to taste and cook the mixture, covered, for 5 minutes.
5. Stir in the tomatoes and cook the mixture, covered, for 3 minutes, or until the leaves are tender.
6. While the chard is cooking, in a kettle of salted boiling water, boil the penne until it is al dente and drain in a colander.
7. In a large bowl toss the penne with the chard mixture and 1/4 cup of the Parmesan and serve with additional Parmesan.