

# Spicy Kale and Swiss Chard Sauté

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-chard-green-onion-recipe>

## Ingredients:

- 1 1/8 pounds Swiss chard stems removed, thinly sliced and reserved and leaves thinly sliced
- 13 7/8 cups kale stems and leaves thinly sliced
- 1 tablespoon extra virgin coconut oil or ghee
- 1 bunch green onions thinly sliced
- 3 cloves garlic minced
- 1 jalapeño thinly sliced, optional
- 1 tablespoon sesame oil
- 1 tablespoon toasted sesame oil dark
- 1 tablespoon sunflower seeds
- 1 tablespoon pumpkin seeds
- 1 tablespoon sesame seeds