Swiss chard with garlic yogurt

Whole recipe

Ingredients

1 kg	Swiss chard
1.5 kg	Yogurt 7¼ glass
12 g	Garlic 4 clove
6.1 g	Salt 1 tsp

Allergens

Allergen information is not complete yet. Worked out from the ingredients. It does not cover contact in your kitchen.

Method

1. Pick over the chard and wash it in plenty of water.
2. Cook the chard in a pot in its own juices.
3. Once soft, take it off the heat, squeeze out the excess liquid and chop finely.
4. In a separate bowl, crush the garlic, add the yogurt and mix well.
5. Drizzle the yogurt mixture over the chard and serve. Use the salt as well, 1 teaspoon as listed.

Last changed: November 1, 2026
T.C. Millî Eğitim Bakanlığı, Salata ve Salata Sosları (2007)
tatname.com/en/tarif/pazi-cacigi-meb-salata-2007