Swiss Chard and Polenta

\*\*Adapted from a recipe on [Cara's Cravings](http://www.carascravings.com/)  
This would have photographed beautifully. But Ive been writing my final manuscript for school, so I havent felt like dragging out the camera.   
  
1 medium onion, thinly sliced (I like to use my mandolin for this!)  
1 large bunch Swiss chard, or whatever green leafy veggie you have (Source: FFM)  
2 cloves garlic, minced  
1 C drained, rinsed cannelini beans  
1 C soaked, drained dried chickpeas  
  
For the polenta (I used a variation of [this recipe from Food Network](http://www.foodnetwork.com/recipes/alton-brown/savory-polenta-recipe/index.html))  
2 TBL olive oil  
3 C water or broth  
1C milk (source FFM)  
1 C cornmeal (Source FFM)  
3 TBL butter  
S&P  
Parmesan or other cheese of choice  
  
Prep your swiss chard by cutting off the thick stems and roughly chop leaves. You might have to remove the rib from the middle of your leaf if it's really thick and woody. Saute onions over medium heat in olive oil until translucent. Add garlic and beans and cook for about a minute. Add swiss chard and wilt down about 10-20 minutes until tender.   
  
Bring water or brother to a boil. Gradually add the cornmeal while continually whisking. Once you have added all of the cornmeal, add the milk and cook over low eat for 20-30 minutes, stirring every 10 min to prevent lumps. Once the mixture is creamy, remove from the stove and add the butter, salt, and pepper. Gradually add the Parmesan.  
  
S&P to taste