

What's Fresh:

Swiss Chard



It's naturally good!

- ◆ Rich in vitamins A, C & K
- ◆ Excellent source of dietary fiber, calcium, iron & potassium
- ◆ 1 raw cup= 1 serving of veggies

Storage Tips:

Do not wash until ready to eat.
To keep fresh, refrigerate in a plastic bag..
Use within 3-5 days.

Save the stems!

Not only are they edible—they are crunchy, delicious and packed with nutrients!

The stems take slightly longer to cook than the leaves. So add them to your recipe a few minutes before.

*They are excellent
in stir-fries!*

Preparation Tips:

- ◆ Wash swiss chard before using; submerge in water, then rinse and pat dry.
- ◆ Cut stems and center ribs from the leaves.
- ◆ Cut stems and ribs cross-wise into 2-inch pieces.
- ◆ Stack the leaves on top of each other and roll to form a log. Cut the log cross-wise into 1-inch ribbons. For shorter ribbons, cut the log once length-wise.
- ◆ Chard only needs to be cooked for a short time. The leaves are done when they turn bright green. If cooked past this point, the flavor might turn bitter.

Ways to eat swiss chard:



- ◆ **Make a salad or coleslaw.** For raw preparation, make sure the greens are thinly sliced. To soften the leaves, “massage” the dressing into the leaves by grasping large handfuls and squeezing them; continue for 1-2 minutes.
- ◆ **Add to omelets, scrambled eggs or frittatas.**
- ◆ **Add to smoothies!** Start with 1 or 2 leaves, then add more according to your taste. *Try this:* 1 banana + 1 chopped apple + 1/2 cup OJ + 2 leaves of chard + handful of ice.
- ◆ **Add to soups, stews and stir-fries.** Add stems toward the beginning of cooking and leaves towards the end. Cook until the greens turn bright green.
- ◆ **Sautee it.** Heat 2 Tablespoons of oil in a pan over medium-high heat. Add stems to the pan; cook, stirring frequently for about 5 minutes. Add greens and cook another 4-6 minutes, or until wilted & tender but still brightly colored. Season with 1/4 teaspoon each of salt and pepper and a pinch of red pepper flakes. For flavor, add a splash of lemon juice or vinegar. If desired, sauté 1 chopped onion and 2 cloves of minced garlic in the oil before adding the chard.



See more recipes on the back





Make it a meal!

RECIPES

Pasta with Beans & Greens

Ingredients:

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| 1 (16-oz.) package whole wheat pasta | ½ teaspoon pepper |
| 2 tablespoons oil | 2 (15-oz.) cans beans, drained & rinsed |
| 2 onions, chopped | 1 ½ teaspoons dried herbs (such as Italian seasoning, parsley, oregano or basil) |
| 3 garlic cloves, minced (or 1 tsp garlic powder) | 1 teaspoon red pepper flakes (optional) |
| 1 bunch swiss chard, stems & leaves chopped | |
| ¾ teaspoon salt | |

Directions:

1. Cook pasta following package instructions. Drain, reserving 1 cup pasta water. Set aside.
2. Heat oil in a large pot over medium heat. Add onion and cook for 2-3 minutes. Add chard stems and cook 2-3 more minutes. Add garlic and cook, stirring constantly, 1 minute longer.
3. Add ½ cup reserved pasta water, chard leaves and seasonings. Cook for 3-5 more minutes.
4. Stir in beans and cook to heat through. If needed, add more reserved pasta water to make a sauce.
5. Mix in cooked pasta to beans and greens. Cook until pasta is heated through. Serve warm.

Swiss Chard & White Bean Stew

Ingredients:

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| 1 Tablespoon oil | 1 garlic clove, minced |
| 1 small onion, diced | 4 cups chicken or vegetable broth |
| 1 (15-ounce) can diced tomatoes, not drained | 1 (15-ounce) can white beans, drained or rinsed |
| 1/2 teaspoon rosemary OR cumin | 1/2 teaspoon pepper |
| 1 cup whole wheat pasta | 1 bunch swiss chard, stems & leaves chopped |
| 1/4 teaspoon salt (optional) | 1/4 cup grated parmesan cheese (optional) |

Directions:

1. Heat oil in a saucepan over medium heat. Add onions and garlic and cook, stirring often, until softened.
2. Add chard stems, broth, tomatoes, drained beans and rosemary or cumin. Season with black pepper. Bring to a boil. Add pasta and cook until tender. Add chard leaves and cook until just wilted.
3. Serve with grated parmesan cheese (optional).

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