



## TRY THIS: SWISS CHARD

Did you know: Swiss chard has stems that can be green, red or rainbow-colored sporting a mixture of red, pink, orange and yellow. Swiss chard is an excellent source of Vitamins A and C and a good source of potassium, magnesium and fiber. 2 cups of this chopped fresh green sports only 15 calories but an abundance of nutrition benefits!

### HOW TO:

**Pick it:** Choose chard that has fresh, green leaves. Avoid those with blemished, yellowing or discolored leaves.

**Store it:** Store unwashed leaves in a plastic bag in the crisper section of your refrigerator for up to 3 days.

**Use it:** Swiss chard can be boiled, steamed, roasted, or sauteed. It also can be used much like spinach, added to soups, pastas and lasana. Keep in mind 'wash, fold, roll, and slice'. Be sure to wash it thoroughly with running water to remove any dirt or debris. Then fold the chard leaf in half and cut out the tough stem. Next layer several leaves on top of each other and roll up. Finally use your knife to slice it into thin slices. Now you are ready to use it in a variety of dishes or sauteed as a side by itself or as a bed for grilled meat or fish!

**When it's in season:** late spring in to the summer

#### LEMON GARLIC SWISS CHARD

**Servings: 4, about ½ c. each**

**Ingredients:**

- 1 tbsp. olive oil
- 2 cloves garlic, minced
- 12 c. Swiss chard, chopped (about 10 ounces)
- 2 tbsp. water
- 1 ½ tsp. fresh lemon juice
- 1/8 tsp. black pepper
- 2 tbsp. fresh, shaved parmesan
- 1/4 tsp. salt (optional)

**Directions:**

1. Heat large skillet to medium-high heat. Add oil to skillet.
  2. Add garlic and sautee about 2 minutes or until garlic starts to brown.
  3. Add Swiss chard and water. Cook about 3 minutes or until chard wilts.
  4. Stir in lemon juice, pepper and salt if using.
  5. Sprinkle with cheese. Enjoy.
- Recipe adapted from: [www.myrecipes.com](http://www.myrecipes.com)

#### SWISS CHARD WITH WARM BACON VINAIGRETTE

**Servings: 4**

**Ingredients:**

- 2 slices smoked bacon
- 2-3 tsp. cider vinegar
- ¼ tsp. black pepper
- 6 c. Swiss chard, washed, chopped
- 2 tbsp. chopped walnuts

**Directions:**

1. Heat large skillet to medium-high heat. Add bacon and cook until crisp. Remove bacon from pan; allow to cool slightly then crumble.
2. Add vinegar and black pepper to pan, stirring with a whisk until warmed.
3. Pour warmed vinegar mixture over Swiss chard. Add bacon and chopped nuts. Toss to coat. Serve as a side dish to compliment any meal!

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