

# Swiss Chard Recipe

## Storage Tips for Swiss Chard

- \*Do not wash before storing in crisper; will cause excess moisture.
- \*Needs to breathe; so small holes can be cut into a plastic open bag, or a colander loosely covered in crisper. Container must be vented.
- \*When properly stored will last one week. Cooked will last 1-2 days.
- \*Can be \*blanched and frozen and canned by pressure cooker. *See our quick reference guide on "Blanching".*

## Basic Prep for Meal

- \*Wash leaves in colander using cold water.
- \*Drain well and gently squeeze out excess water with a clean cloth or paper towel
- \*Remove damaged leaves or cut the damaged part out.
- \*Depending on the recipe, cut stems and separate.

## You Decide Recipe

- \*\*Swiss Chard is a tad bit sweeter than Spinach and will work in any Spinach recipe in place of Spinach.
- \*Garlic – minced; or smashed bulbs of fresh garlic will also work. I enjoy garlic so add according to your taste buds. I also add to the Garlic before it starts to turn golden. Remember, it is easy to burn garlic.
- \*Pine Nuts or Almond Slivers – I make sure top is covered with my nuts and stir into mixture.
- \*Cooking Oil – I use a lighter oil such as Coconut or Grapeseed oil. Any cooking oil can be used. Clean bacon grease can also be a nice substitute for vegetable oils. Add bacon bits to sauteed Swiss Chard long enough to warm the bits back up.

Sauté' your garlic lightly, add nuts and prepped Swiss Chard. Medium to Medium High heat. (I prefer Medium) and cook until you reach your desired tenderness – 15-25 minutes.

You can also hold the nuts until the end, adding 10 minutes before tenderness of Swiss Chard is reached. Would you like nuts cooked all the way through with all flavors as one or warm enough to release the nutty flavor upon the palate when crunched?

Cook and add to omelets, quiche, or scrambled eggs. Use fresh in salads. Great in stir fries. Stems can be chopped and added to egg, chicken, tuna or potato salads. Add with other

vegetables to make a tasty veggie soup stock. Pickle them for a treat. Sauté and add to soups and stews. Use as a colorful garnish to any dish.

The leaves and stalks have a wonderful supply of vitamins, minerals. Just 1 cup of cooked Swiss chard contains:

Vitamin K: 477% of the Daily Value (DV)

Vitamin A: 60% of the DV

Magnesium: 36% of the DV

Vitamin C: 35% of the DV

Copper: 32% of the DV

Manganese: 25% of the DV

Iron: 22% of the DV

Vitamin E: 22% of the DV

Potassium: 20% of the DV

Calcium: 8% of the DV

Calories: 35

Protein: 3.3 grams

Carbs: 7 grams

Fiber: 3.7 grams

