

# What is SWISS CHARD and what do I do with it?

Swiss chard, with its bright and colorful stems, is one of the most eye-catching greens in the farmers' market. It can be prepared many ways—the leaves can be cut into ribbons and dressed raw in a salad, sautéed along with its stems, or braised in a stew. With hearty leafy greens that don't easily wilt, you can try swapping it out for Kale in your next salad.

Swiss chard is a leafy green vegetable, closely related to beets and spinach. Its leaves resemble that of its beet cousins, but the most recognizable feature of chard is the color of its stalks: the white stalks of Swiss chard contrast with its dark green leaves, while Rainbow chard comes in colors ranging from deep red to bright yellow and orange.

The leaves are often separated from the thick celery-like stems before cooking—but don't toss out the stems. They have unique qualities of their own and can be cut up for sautés, used as veggie sticks for dips, and pickled. They take a bit longer to cook, so start them in the pan before adding the leaves. Swiss chard makes a delicious gluten-free side dish packed with nutrients.

Swiss Chard is a great source of vitamin A, vitamin C, and vitamin K, and antioxidants, making it a great immune system booster and aid in regulating blood sugar levels, digestion, and blood pressure.

## How to Wash and Prep Swiss Chard

After washing and drying the chard, stack the leaves together, and trim the rough stems at the end. Fold each leaf in half lengthwise and cut out the stems. Stack the trimmed leaves and roll up tightly; slice across forming ribbons. If using the stems, cut them into one to two-inch pieces.





## Swiss Chard with Eggs Omelette

2 tbsp (30 mL) butter

1/2 onion thinly sliced

6 cups (1.5 L) Swiss chard thinly sliced

1 cup (250 mL) cherry tomatoes

2 tsp (10 mL) balsamic vinegar

Salt and freshly ground pepper to taste

1/4 cup (60 mL) pine nuts toasted

12 eggs

1 Boursin® Shallot & Chive coarsely crumbled

Preheat oven to 200 °F (100 °C).

In a saucepan, melt butter over medium heat and sauté onion and Swiss chard for 5 minutes; reserve.

Coat cherry tomatoes with balsamic vinegar and season with salt and pepper; reserve.

Heat a large non-stick skillet over medium heat and toast pine nuts. Reserve in a small bowl.

Beat 2 eggs together and pour into the skillet. Evenly spread the egg over the bottom of the skillet. Flip over and place some Swiss chard and cheese in the centre of the omelette. Fold sides up toward the centre, forming a square and leaving an opening over the filling. Place in the oven to keep warm. Repeat the same steps to cook the other omelettes.

Serve with the cherry tomatoes garnished with pine nuts.

## Swiss Chard with Garlic & Bacon

4 slices bacon, chopped

1 bunch swiss chard

3 cloves garlic, roughly chopped

1 tbsp butter

salt and pepper

Heat a large skillet over medium heat. Add the bacon and cook until just browned, stirring occasionally.

While the bacon is cooking, separate the chard leaves from the stems. Tear the leaves into rough pieces, then chop the stems into small pieces.

Add the garlic to the skillet. Cook for 3 minutes, stirring occasionally.

Add the butter and chard stems and cook for 10 minutes, stirring occasionally.

Stir in the chard leaves into the skillet. Toss with the garlic/bacon/chard stem mixture. Continue cooking and tossing until just wilted. It should soften, but should mostly retain its shape.

Season with salt and pepper, to taste. Serve immediately.

