

# Swiss Chard

Swiss chard is a leafy vegetable related to spinach and beets. The tasty leaves range in color from bright green to deep red, and have stems that are even more colorful! Swiss chard (especially when eaten raw) is packed full of vitamins including A, K, and C. Chard also has a significant amount of vitamin E, magnesium, manganese, iron and potassium.

### **CULINARY TIPS**

- Swiss chard can easily be substituted for spinach or beet greens in a recipe. The flavors and textures are very similar and they're all packed full of nutrients.
- Don't forget to eat the stems too! Swiss chard stems can be a colorful addition to a dish. If you're cooking them with the greens, you may want to cook the stems first then add the leaves so that the stems have a little more time to cook.
- Swiss chard becomes a bit more bitter when cooked, so if you want to enjoy its sweetness, try it raw (stems too!).

### **HOW TO STORE SWISS CHARD**

Store in a plastic bag in the crisper drawer for 5 or so days. For longer term storage, blanch swiss chard then shock it in an ice bath, squeeze out the water, and freeze.

### **3 WAYS TO PREPARE SWISS CHARD**

- Sauté it! Swiss chard is delicious with a little bit of onion or shallot and a splash of sherry vinegar. And if you want to mix it up, add a bit of bacon or some red pepper flakes.
- Put it in pasta or on pizza! Swiss chard is a delicious addition to a summery pasta dish or homemade pizza. The flavor pairs well with Italian sausage, caramelized onions or shallots, garlic, pine nuts, Parmesan...
- Make a pesto! Try following your favorite pesto recipe and substituting swiss chard for basil. This earthy, bright green pesto will be tasty on pasta, pizza, sandwiches and more.