



## Swiss Chard

Also known as chard or silver beet, Swiss chard is one of several leafy vegetables commonly referred to as "greens." This tall plant is a member of the beet family, and it's grown for both its tender green leaves and celery-like stalks. Similar in flavor to spinach and beets, chard is pungent, bitter and slightly salty.



### Nutritional Value:

Chard packs a huge amount of vitamin A and it is naturally high in sodium. One cup contains 313 mg of sodium, which is very high for vegetables. Chard is also surprisingly high in other minerals as well, i.e., calcium, iron, magnesium, phosphorus and potassium.

### How to prepare chard:

Young tender chard leaves can be eaten raw adding a beet-like flavor to salads and sandwiches. Chard can be used in place of spinach in any recipe, although chard will need to be cooked a bit longer-about 5 to 10 minutes. The stems require longer cooking time than the leaves.

### To freeze:

1. Prepare a sink of cold water. Rinse chard through several changes of water lifting leaves out leaving sand and soil behind. Separate the stems from the leaves.

2. Bring 4 quarts of water to a rolling boil. Drop about one pound of whole leaves in boiling water, cover and blanch for 2 minutes (blanch stems for 3 minutes).

3. Remove chard from water and immerse in an ice water bath for 2 minutes. Drain.

Pack in zip-closure freezer bags or freezer containers, leaving no headspace. Label, date and freeze at zero degrees for up to one year.



## Swiss Chard Recipes

### BRAISED SWISS CHARD

- 1 bunch Swiss chard
- 3 tablespoons virgin olive oil
- 3 cloves garlic, minced
- 1 small can of Delmonte tomato sauce
- salt and pepper to taste

Clean Swiss chard with water. Cut off stems. Do not dry leaves; allow moisture to remain after washing.

In a skillet, cook the garlic in the olive oil until golden. Add Swiss chard, cook until wilted. Add tomato sauce.

Cook for 10 minutes over low heat. Salt and pepper to taste.

### SWISS CHARD WRAPS

- 9-10 Swiss chard leaves, at least 9 inches
- 1 lg. tomato, sliced and cut in half
- 1/2 c. Mozzarella cheese, grated
- 2 tbsp. olive oil
- 1 tbsp. onion flakes
- Salt and pepper

Steam Swiss chard for a few minutes. Do not overcook. Open leaves and brush on olive oil lightly. Put tomato slice in center of leaf - top with pinch of onion - salt and pepper and one tablespoon cheese. fold leaf around tomato - this will hold together well.

Put on grill until hot - can turn once. Works best if you use a 2 sided grill that holds food in place. This can also be cooked in oven at 400 degrees for 10 minutes on a cookie sheet.