



# Swiss Chard

## What is it?

Chard is in the chenopod family which includes beets and spinach. The stems come in a variety of vibrant colors or simply a whitish green. Both the leaves and the stalks are edible. Swiss Chard is a great source of vitamins A, C, & K, and antioxidants, making it a great immune system booster and aid in regulating blood sugar levels, digestion, and blood pressure.



## Storage Tips

Store in a loosely sealed plastic bag in the fridge for 3-5 days. Before using, wash well in cool water and separate the leaves from the stems. To freeze in a jiffy- wash and dry leaves, place on trays, put in freezer. When leaves are frozen, put in freezer bags and squeeze all the air out. Freeze until ready to use. You can break off pieces of frozen chard.



## Usage Tips

When picked very young, chard can be part of a green salad. Full grown chard has a very strong flavor and tough stems when eaten raw. Chard can be sliced and chopped and added to soups. After cooking for several minutes, it can also be added to rice and beans or omelets. Basically any way you would prepare spinach, you could substitute chard allowing for longer cook time for the stems.

A Vegetable E-booklet



# RECIPES

## Baked Swiss Chard Stems with Parmesan

### INGREDIENTS

2 cups trimmed Swiss chard stems,  
cut into 3 inch pieces  
1/4 tsp. salt  
olive oil for spraying pan and chard  
1/4 cup grated parmesan cheese  
ground black pepper to taste

### INSTRUCTIONS

1. Preheat oven to 400F.
2. Bring a pot of water to a boil, add salt and chard stems and boil about 6 minutes.
3. Let chard drain well.
4. Spray a non-stick baking dish with olive oil.
5. Place chard in the pan and mist lightly with olive oil, then sprinkle with cheese. (If doubling the recipe, make two layers, misting each layer with oil and sprinkling with cheese.)
6. Bake about 20 minutes, or until chard is softened and cheese is slightly browned on the edges.
7. Season with fresh ground black pepper if desired and serve hot.

Adapted from [www.kalynskitchen.com](http://www.kalynskitchen.com)

## Swiss Chard and Lentil Stew

### INGREDIENTS

1 lb swiss chard  
2 cups lentils  
1 large onion, finely chopped  
2 Tbs olive oil  
2 Tbs tomato paste  
2 cans diced tomatoes  
with juice (14.5 oz)  
2 tsp dried oregano  
2 tsp dried thyme  
7 cups water  
1/2 tsp salt, or to taste  
1/4 tsp pepper, or to taste  
1 lemon, juiced

Adapted from [www.farmtotablela.com](http://www.farmtotablela.com)

### INSTRUCTIONS

1. Remove leaves from chard along the stalks, cut into 1 in pieces, tear leaves into 2 in. pieces
2. Heat olive oil in a large stockpot
3. Add onion, sauté until softened, about 5 min
4. Add tomato paste, oregano and thyme, stir
5. Add lentils, water, tomatoes with juice - bring to boil
6. Reduce heat and simmer, partially covered, for 20 min
7. Add chard stalks ,cook until starting to soften, approx 5 min
8. Add chard leaves, season with salt and pepper, cooking until lentils and chard are tender, approx 15-20 min
9. Stir in lemon juice and serve