

Swiss Chard

Adding flavor and nutrients to any dish!

About

Swiss Chard is a leafy green vegetable that grows in Ohio during the fall. *It tastes and cooks like other leafy greens such as spinach, collards, mustard and turnip greens.* This low calorie green can help fight “bad” cholesterol, provide an array of vitamins and minerals, and anti-oxidants to help maintain a healthy lifestyle.

How to Store and Prepare

Swiss Chard will keep in the fridge for up to 3 days. Wash leaves and stems before using. Chop leaves and stems into small pieces.

Heat 1 tbsp. of mild oil (like olive oil) or butter in frying pan. Add onion and garlic to pan and cook for 2-3 minutes until translucent. Finally, add the Swiss chard (it will fill the pan very full but cook down significantly). Cook until wilted, 7-8 minutes.

Once cooked, you can eat it as a side dish in itself, dump it into a stew or soup, mix into a creamy casserole, or add to a vegetable stir fry. Or enjoy it raw in a salad, just chop up into fine pieces.