

# Swiss Chard

A vitamin-packed mean green!



## Nutritional Benefit:

- One cup of Swiss chard has only 35 calories.
- Excellent source of vitamins K, A and C along with potassium and manganese.

## How to Pick, Store, & Prepare:

- Choose Swiss chard that has firm, crisp stalks and bright green leaves.
- Store Swiss chard unwashed in a plastic bag in the crisper drawer of the refrigerator and use within a few days.
- Before use, trim the stalks and rinse greens with cold water.
- Quickly boiling chard keeps it from getting bitter. When cooking Swiss chard, it is important to use non-aluminum pans because the oxalates will discolor the pot.
- If blanched, Swiss chard can be frozen and stored for up to 6 months.

## How to Increase Consumption:

- Use Swiss chard like spinach and add to salads, soups and casseroles.
- Stuff leaves with rice and tomatoes to make Swiss Chard Rolls.
- Toss pasta with olive oil, lemon juice, garlic, and cooked Swiss chard.
- Add steamed Swiss chard to omelets and frittatas.
- Use Swiss chard in place of or in addition to spinach when preparing vegetarian lasagna.



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# Swiss Chard Recipe

## Swiss Chard and Quinoa Pilaf

Makes about 5 cups

- ½ Tbsp. olive oil
- ½ small onion, diced
- 1 tsp. minced garlic
- 1 cup uncooked quinoa, rinsed
- ½ cup cooked lentils
- 1 cup chopped fresh mushrooms
- 2 cups vegetable broth
- 3 cups chopped Swiss chard greens
- 6-ounce bag dried cranberries
- ½ cup poppy seed dressing



Heat the oil in a large pot over medium heat. Stir in onion and garlic; sauté 5 minutes or until the onion is tender. Mix in quinoa, lentils, mushrooms and broth. Cover and simmer 20 minutes; remove from heat. Gently mix chard into the pot; cover and let sit 5 minutes or until chard is wilted. Stir in cranberries and dressing; chill at least one hour to allow flavors to blend.

Per ½ cup serving: 170 calories, 5 g fat, 3 g protein, 28 g carbohydrate, 3 g fiber, 230 mg sodium

**\*This recipe is a Foot Steps to Health Recipe and 500 Club Approved\***

For previous nutrition material, recipes and future nutrition kiosks visit:

<http://www.childhoodobesitycoalition.org/>