



# Chard (Swiss Chard)

### **How to Prepare**

Chard is a leafy green vegetable that often has colourful stems and ribbing. Despite the name, Swiss Chard is not native to Switzerland, nor is it a popular crop there. Chard is more commonly grown in the Mediterranean, and can trace its roots there.

Chard is a reliable Northern crop. It can be harvested continually, and in good conditions can yield greens two or three times per plant. Younger Swiss Chard leaves tend to be more tender, slightly bitter, and great for salads. Once the leaves get larger they can become more fibrous, and are better cooked. Cooked chard loses some of the bitterness, leaving a flavour slightly mellower than cooked spinach.

Swiss chard is best used fresh. Wait to wash it until you're ready to use it. Store it in the refrigerator loosely covered by a plastic bag. Chard is highly perishable. Frozen Swiss Chard loses some texture and flavour, but if you have excess it can be blanched then frozen for use in stir fries and other cooked applications.

#### Try Using Chard:

- In casseroles;
- In pestos or salsas;
- As a replacement for lettuce;
- On tacos, fajitas, and burritos;
- In fresh-pressed juices;
- In salads:
- In stir fries or sautées;
- In omelets or frittatas:
- Toasted like chips;
- In bean salads;
- As collard greens recipes;
- In green soups:
- In ramen, udon, or noodle bowls.

## Nutrition Highlights

- High in vitamin A, K and C;
- High in calcium and iron;
- A source of thiamine and zinc;
- A good source of dietary fiber;
- A source of folate and copper.

# **Nutrition Facts**

Serving Size 1 cup 36g (36 g)

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Amount Per	Serving	
Calories 7	Calories f	from Fat 1
	% Daily	/ Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat		
Cholesterol 0mg		0%
Sodium 77mg		3%
Total Carbohydrate 1g 0%		
Dietary Fiber 1g2		2%
Sugars 0g	)	
Protein 1g		
Vitamin A	44% • Vitamin C	18%
Calcium	2% • Iron	4%
*Percent Daily Values are based on a 2,000 calorie diet.		

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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### Recipe: Lentil, Swiss Chard and Pomegranate Salad

### **Ingredients**

Salad

1 bunch of Swiss chard, chopped into ribbons or small pieces 2 cups of cooked brown lentils (boiled or canned, drained) Seeds of 1 pomegranate 1 small onion, finely chopped ½ cucumber, finely chopped 1 cup feta cheese (optional)

Dressing

1/3 cup balsamic vinegar
1/3 cup extra virgin olive oil
2 tsp honey
2 tbsp crushed dried mint leaves (or a ½ cup shredded fresh mint leaves)
2 tsp fresh grated ginger
½ tsp ground cumin
salt and pepper

#### **Instructions**

- 1. Place all Salad ingredients into a large mixing bowl and gently stir together.
- 2. In a small mixing bowl, whisk together vinegar, oil, and honey until combined. Add the mint, ginger and cumin and whisk again to incorporate. Season with salt and pepper to taste.
- 3. Drizzle dressing over salad and gently mix with a spoon. Add feta if you like.

Try wilting the chard before adding for a silkier texture. Both ways are great tasting at room temperature or refrigerated.

This salad is perfect for picnics or packed lunches, and with added cooked chicken or tofu, has a ton of protein.