

SWISS CHARD: WHAT IS IT & HOW DO I USE IT IN RECIPES?

Swiss chard is a dark green leafy vegetable that is in the same family as beets and spinach. It is a nutritional powerhouse, loaded with nutrients like Vitamins A, C, K, potassium, iron, and calcium. Swiss chard is packed with disease fighting antioxidants, fiber, and nitrates. Nitrate-rich foods have recently been linked with better blood pressure control, and antioxidants and fiber help manage diabetes and keep our gut and hearts healthy.

<https://www.healthline.com/nutrition/swiss-chard#uses>

In the kitchen:

Swiss chard is plentiful in the summer and comes in beautiful stem colors like red, orange, and yellow. The different varieties can be used interchangeably in recipes. No need to remove the stems in Swiss chard; just chop them and add them first to give them a few more minutes to cook before adding the leaves. Swiss chard's mild flavor can be used in place of spinach in any recipe. Swiss chard can be sautéed, added to soups, egg dishes, to pasta dishes, as a salad green, in smoothies, or as a pizza topping!

BRAISED COLLARD GREENS, MUSTARD GREENS, AND SWISS CHARD

This recipe blends our 3-favorite dark, leafy green veggies with bacon and garlic. The result is a delicious side dish suitable for any occasion that is also a nutrition powerhouse! Your taste buds (and body) will thank you for cooking this rich dish.

Ingredients:

3 Tablespoons olive oil
4 bacon slices, roughly chopped
4 garlic cloves, thinly sliced
2 cups chicken stock, low sodium
1/3 cup apple cider vinegar
1 tablespoon sugar
1 bunch collard greens, ribs removed
1 bunch mustard greens, ribs removed
1 bunch Swiss chard, any color, ribs chopped small
Salt and black pepper, to taste

Instructions

1. In a large pot, heat oil and bacon over high heat until bacon is well browned.
2. Stir in garlic and cook 45 seconds. Deglaze with chicken stock and vinegar.
3. Add sugar and greens, turning greens with tongs until they start to wilt. Lower heat, partially cover, and cook for 30 minutes until greens have wilted completely and have softened.
4. Season with salt and pepper, to taste.

Yield: 8 servings **Serving Size:** 1/2 cup

Calories: 170 Saturated Fat: 3g Sodium: 270mg Added Sugar: 2g Fiber: 5g