

# Swiss Chard

Swiss Chard is a vegetable that has large, green leaves and stalks that are similar to celery. Swiss chard is very high in vitamin K, vitamin A, magnesium, fiber, and antioxidants—making it super healthy!

## SIMILAR TO

Swiss chard is like spinach, kale, and beet leaves. The stalks are similar to celery; if the stalks are not tough, they can be cooked and eaten.

## HOW TO USE

Swiss chard can be cooked and eaten in many ways; it can be eaten raw, pan-fried with oil or butter, used in a stir fry, or cooked in an omelet and/or soup. Before eating, the leaves should be washed and the stalks can be cut off.

## A RECIPE TO TRY:

### Sautéed Swiss Chard

*from Simplyrecipes.com*

Takes 18 minutes. Serves 4.

#### INGREDIENTS

- 1 large bunch of Swiss chard (7-8 leaves)
- 2 tablespoons of cooking oil
- 1 clove of garlic, minced

Image Credit: Scordo.com



Image Credit: Simply Recipes

1. Rinse the Swiss chard leaves. Cut away stalks from the leaves; cut the stalk pieces into 1-Inch pieces. Chop the leaves into 1-inch-wide strips.
2. Heat the olive oil in a large pan on medium high heat. Add garlic and cook for 30 seconds.
3. Add the Swiss chard stalks. Lower heat to low, cover, and cook for 3-4 minutes.
4. Add the chard leaves and mix them into the oil, garlic, and stalk pieces. Cover and cook for 3-4 minutes.