

SWISS CHARD

Chard is harvested as a green, leafy vegetable. Chard is in the spinach family but contains no oxalic acid which makes it easier for us to absorb the nutrients from the chard. These greens are high in vitamins A, E, & C and the minerals iron & calcium.

Storage Tips

- Place chard in a plastic bag in the hydrator drawer of the refrigerator.
- Chard is best if eaten within 5 days.

Cooking Tips

- If leaves are large & mature, remove the stem to cook separately.
- If the greens are young, cook whole.
- Use in place of spinach in most recipes.
- Sauté the leaves in garlic butter or olive oil & garlic.
- Steam large stem pieces for 8-10 min. & leaves for 4-6 min.
- Raw baby leaves are great in green salads.
- Toss steamed leaves with olive oil, lemon juice, salt & pepper. OR with sesame oil, rice vinegar or soy sauce.

Simply Swiss Chard

- * 1 large bunch of fresh Swiss chard
- * 1 small clove garlic, sliced
- * 2 Tbsp olive oil
- * 2 Tbsp water
- * Pinch of dried crushed red pepper
- * 1 teaspoon butter
- * Salt

Rinse out the Swiss chard leaves thoroughly. Remove the toughest third of the stalk, discard or save for another recipe (such as this Swiss chard ribs with cream and pasta). Roughly chop the leaves into inch-wide strips.

Heat a saucepan on a medium heat setting, add olive oil, a few small slices of garlic and the crushed red pepper. Sauté for about a minute. Add the chopped Swiss chard leaves. Cover. Check after about 5 minutes. If it looks dry, add a couple tablespoons of water. Flip the leaves over in the pan, so that what was on the bottom, is now on the top. Cover again. Check for doneness after another 5 minutes (remove a piece and taste it). Add salt to taste, and a small amount of butter. Remove the Swiss chard to a serving dish.

From: http://simplyrecipes.com/recipes/swiss_chard/

Onion Smothered Greens

- 1 medium—large onion, roughly chopped
- 2 cloves garlic
- 1 tablespoon Olive or vegetable oil
- 3 teaspoons sugar

½ cup water or broth
About 8 cups or so of washed and chopped braising greens
Salt and fresh ground black pepper

Heat oil over high heat in a large pot. Add the onion and sauté over medium to high heat until translucent. Add sugar and continue to stir onions until they are caramelizing or turning golden brown in color. Add the garlic and greens. Stir until greens are wilted. Add the water or broth, cover the pot tightly and simmer over low heat for about 15 minutes or until greens are tender. Be sure the liquid does not evaporate completely! Dress with a little butter or oil, salt and pepper or your favorite flavored vinegar. For caramelizing onions, you'll have much better luck by NOT using non-stick cook wear. You may need to add a little more oil though to a stainless steel surface.

From *Julie Ulmer*

Greens and Beans

Use any combination of greens below:

Lots of swiss chard, spinach, beet greens, kohlrabi greens, collard greens or escarole (at least enough to fill a 4 qt. pot)

1 T. olive oil

1 clove garlic, crushed

1/2 - 1 cup chicken or vegetable broth

1 15 oz. can of cannellini beans, garbanzo beans (or whatever beans you like), drained

Over med. heat, add olive oil, then garlic and stir for a few seconds. Add greens to pot then pour broth over all. Cover, bring to boil and turn heat down to simmer for about 10-15 minutes. Uncover and stir. Greens should be cooked down and soft (cook longer if needed). Now add beans, heat through, salt and pepper to taste and enjoy. Excellent side dish! Can also serve with hearty bread to make a great light lunch or dinner.