



Fresh Ideas for Using Your Produce: Swiss Chard

STORING: Refrigerate unwashed chard, wrapped in plastic, for 3 to 4 days.

PREPARATION: Both leaves and stems are edible. Wash thoroughly to remove dirt. Stems take longer to cook than leaves, so remove them before cooking. To easily chop leaves, stack several leaves and roll stack lengthwise into cylinder. Cut cylinder lengthwise in half then crosswise into pieces.

COOKING: Use stems like celery in salads and soups. Substitute leaves for spinach in most recipes. Cook stems 8 to 10 minutes; leaves 3 to 4 minutes. Steam, simmer or stir-fry until leaves are wilted and stems are tender. Water clinging to leaves after washing is often enough liquid for cooking. The volume of raw chard reduces greatly after cooking. One pound fresh chard leaves yields about 1 cup cooked chard.

NUTRITION: Good source of vitamins A, B1, B2, B6, C, E and K, fiber, calcium, iron, magnesium

QUICK IDEAS:

- Stir-fry chopped stems until just tender; add chopped leaves and minced garlic. Cook until leaves wilt. Sprinkle with grated Parmesan. Season with salt, pepper and lemon juice.
- Toss chopped fresh chard leaves into soups and stews near end of cooking time.
- Serve tender, young chard leaves raw in tossed green salads.

WHITE BEANS WITH SWISS CHARD & BASIL

- 2 teaspoons olive oil
- 1 pound Swiss chard, leaves coarsely chopped, stems sliced
- 1 large onion, thinly sliced
- 1 can (15 ounces) Great Northern or cannellini beans, rinsed, drained
- 1/2 cup low-sodium chicken broth or water
- Grated zest of 1 lemon
- 1/4 cup chopped fresh basil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Heat oil in large skillet over medium-high heat. Add chard stems; cook and stir 3 minutes. Add onion; cook and stir 5 to 7 minutes or until stems and onion are tender and lightly browned. Stir in chard leaves, beans, broth and lemon zest; bring to a boil. Reduce heat; simmer 8 minutes or until chard is wilted and most of liquid has evaporated. Stir in basil, salt and pepper.

Makes 6 servings



Fresh Ideas for Using Your Produce: Swiss Chard

STORING: Refrigerate unwashed chard, wrapped in plastic, for 3 to 4 days.

PREPARATION: Both leaves and stems are edible. Wash thoroughly to remove dirt. Stems take longer to cook than leaves, so remove them before cooking. To easily chop leaves, stack several leaves and roll stack lengthwise into cylinder. Cut cylinder lengthwise in half then crosswise into pieces.

COOKING: Use stems like celery in salads and soups. Substitute leaves for spinach in most recipes. Cook stems 8 to 10 minutes; leaves 3 to 4 minutes. Steam, simmer or stir-fry until leaves are wilted and stems are tender. Water clinging to leaves after washing is often enough liquid for cooking. The volume of raw chard reduces greatly after cooking. One pound fresh chard leaves yields about 1 cup cooked chard.

NUTRITION: Good source of vitamins A, B1, B2, B6, C, E and K, fiber, calcium, iron, magnesium

QUICK IDEAS:

- Stir-fry chopped stems until just tender; add chopped leaves and minced garlic. Cook until leaves wilt. Sprinkle with grated Parmesan. Season with salt, pepper and lemon juice.
- Toss chopped fresh chard leaves into soups and stews near end of cooking time.
- Serve tender, young chard leaves raw in tossed green salads.

DOUBLE SWISS CRUSTLESS QUICHE

- 1 pound Swiss chard, leaves only chopped
- 1 tablespoon olive oil
- 1 cup sliced mushrooms
- 1 cup chopped onion
- 1 clove garlic, minced
- 1/2 cup plain low-fat yogurt
- 1 tablespoon all-purpose flour
- 3 eggs, beaten
- 1 cup shredded Swiss cheese
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1/8 teaspoon ground nutmeg

Preheat oven to 375°F. Grease 8-inch pie plate or quiche dish. Cook and stir chard with water clinging to leaves in large skillet over medium-high heat until wilted and all liquid has evaporated. Remove from skillet; drain well to remove any excess liquid. Set aside.

Heat oil in same skillet over medium-high heat. Add mushrooms, onion and garlic. Cook and stir until vegetables are tender and liquid has evaporated; cool slightly.

Combine yogurt and flour in medium bowl. Add chard, mushroom mixture, eggs, cheese, salt, pepper and nutmeg; mix well. Pour into prepared dish. Bake 35 to 45 minutes or until eggs are set and toothpick inserted in center comes out clean. Let stand 5 minutes before serving. Makes 4 servings