

Swiss Chard

Key Points

- For the best buy, choose Swiss chard that is dark green in color.
- To prepare fresh Swiss chard, rinse and cut crosswise into smaller pieces.
- To keep fresh, store in your refrigerator in a vegetable drawer.
- Swiss chard contains vitamin A, which is good for healthy eyes and skin.



Seasoned Swiss Chard

Ingredients:

8 cups Swiss chard, stems removed
1 teaspoon vegetable oil
4 garlic cloves, peeled and chopped
1/4 cup balsamic vinegar
Salt and pepper to taste

Directions:

1. Cut the Swiss chard into 2 inch pieces. Set aside.
2. Heat the vegetable oil in a frying pan over medium heat.
3. Stir in the garlic and cook for about 2 minutes.
4. Add the Swiss Chard and balsamic vinegar. Stir often for 5 minutes.
5. Season with salt and pepper and serve.
6. Refrigerate leftovers.

Makes 6 servings.

Swiss Chard Tacos

Ingredients:

8 cups Swiss chard, stems removed
1 tablespoon vegetable oil
1 sliced onion
3 garlic cloves, peeled and minced
1 teaspoon red pepper flakes
1/2 cup chicken or vegetable broth
12 corn tortillas
3/4 cup salsa (optional)
1 cup crumbled feta cheese (optional)

Directions:

1. Cut the Swiss chard crosswise into 2 inch slices.
2. In a large skillet, heat the oil over medium heat. Add onions and stir until the onions become golden, for about 10 minutes.
3. Add the garlic and red pepper. Stir for 1 minute.
4. Add the greens and broth.
5. Cover and reduce the heat to low. Cook until the greens are almost tender. Continue to stir.
6. Remove lid and turn heat back to medium. Stir until the mixture is nearly dry.
7. Fill the tortillas with the Swiss chard. Top with salsa and crumbled cheese.
8. Refrigerate leftovers.

Makes 6 servings.

Quick Tips

- Swiss chard is great to use in dishes with spinach.
- The stalk from the Swiss chard is also edible.
- Combine Swiss chard with other vegetables for a healthy salad.
- Remember to rinse all fruits and vegetables before using.



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Seasoned Swiss Chard

Nutrition Facts

Serving Size (92g)
Servings Per Container

Amount Per Serving

Calories	60	Calories from Fat	25
% Daily Value*			
Total Fat	3g	5%	
Saturated Fat	0g	0%	
Trans Fat	0g		
Cholesterol	0mg	0%	
Sodium	480mg	20%	
Total Carbohydrate	7g	2%	
Dietary Fiber	2g	8%	
Sugars	4g		
Protein	2g		
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Vitamin A	90%	• Vitamin C	40%
Calcium	4%	• Iron	8%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	300g	375g	
Dietary Fiber	25g	30g	

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Swiss Chard Tacos

Nutrition Facts

Serving Size (248g)
Servings Per Container

Amount Per Serving

Calories	230	Calories from Fat	70
% Daily Value*			
Total Fat	8g	12%	
Saturated Fat	2.5g	13%	
Trans Fat	0g		
Cholesterol	10mg	3%	
Sodium	410mg	17%	
Total Carbohydrate	32g	11%	
Dietary Fiber	6g	24%	
Sugars	6g		
Protein	7g		

Vitamin A 100% • Vitamin C 45%

Calcium 15% • Iron 10%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
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Cholesterol	Less than	300mg	300mg
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Calories per gram:
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