

Chard

Nutritional Value

The nutrient powerhouse is a virtual multivitamin – vitamins A, C, E, and K, plus magnesium, potassium and iron, are all in there.

Cooking Tips

- Wash the leaves by swishing in a water bath. Soil particles will float away.
- If leaves are large and mature, remove stems to cook separately. Young tender leaves can be cooked whole.
- Chop leaves and stems diagonally across the leaf. Cut stems into 1 inch chunks and leaves into ribbon like strips. Steam stem pieces 8-10 minutes and leaves 4-6 minutes.
- Raw baby chard leaves are wonderful in green salads. Many salad mixes include them.
- Sauté the leaves in garlic butter or with onion.
- Toss steamed chard leaves with olive oil, lemon juice, and salt & pepper.
- Include chard in stir-fries with different colored and textured veggies. Serve over rice or noodles.
- For soups, add chard stem chunks 10 minutes and leaves 4-5 minutes before soup is done.
- Use in any recipe calling for fresh spinach, like quiche, lasagna, omelets etc.
- Blend cooked chard (including cooking water) with a tart plain yogurt, herbs (like basil and thyme), and a dash of salt & pepper. This makes a healthy gourmet creamed soup that is easy quick and delicious.