

# SWISS CHARD



## HOW DOES IT TASTE?

Swiss chard has a slightly bitter and earthy taste, with a chewy, juicy texture. Once cooked, it turns into a mild sweet taste that is similar to spinach.

## HOW DO I PICK IT?

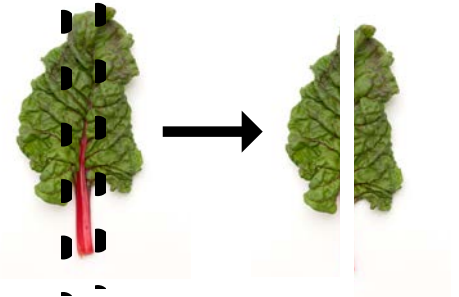
When looking for Swiss chard, look for bunches that have vibrant, dark green leaves and brightly colored or white stems. The leaves and stems should be firm and unbruised. It is typically in season from mid-summer to fall, but can be found year round at most grocery stores.

## HOW DO I STORE IT?

Place Swiss chard in a plastic bag and wrap the bag tightly around it. Place in refrigerator to keep fresh for 5-7 days. Do not wash swiss chard before storing because moisture can cause it to spoil faster.

## HOW DO I PREPARE IT?

1. Wash chard leaves with cool water until all dirt is removed.
2. Dry the leaves. All parts of the plant are edible but you can cut the stem off if you prefer.



Swiss chard can be cooked in a variety of ways. Try **sautéing** it with garlic and olive oil or **adding** it to soups or stews. It can be added to **frittatas** and **quiches**. Raw Swiss chard can be **blended** into smoothies or used in salads.

## Swiss Chard Hash

### Ingredients

- 1 tablespoon olive oil
- 2 cups Swiss chard stems, diced
- 1 tablespoon minced garlic
- 1 can potatoes, drained, rinsed, and diced (or 3 medium potatoes, cooked and diced)
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 2 green onions, chopped

### Directions

1. Heat a pan over medium heat. Add oil.
2. Add Swiss chard stems and cook for 1 minute or until softened, then add garlic.
3. Add potatoes, salt, and pepper, and cook until potatoes turn golden brown (about 5 minutes).
4. Add green onions, stir, and serve hot.

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## KITCHEN TIP!

Add vinegar to make the Swiss chard less bitter. The acidity in the vinegar balances out the bitter taste in the Swiss chard.