

Swiss Chard



Selecting

Swiss Chard, also known as chard, is a beet that is grown for its leaves rather than its root.

Look for bright full leaves with unbruised firm, heavy stalks. Leaves should not be yellow, torn or wilted. The leaves can range in colour from white to bright red depending on the variety.

Small size leaves are best to use raw. Large leaves can be used for soups, stews or sautés.

Storing

Store Swiss chard in a perforated plastic bag in the refrigerator crisper. It is best eaten as soon as possible after purchasing but it should last 2-3 days.

Preparing

Wash the Swiss chard well by soaking it in cold water before cooking.

Large leaves with a thick stem should be separated before cooking since the stem will take longer to cook. Smaller leaves with thin stem can be cooked whole.

Swiss chard can be steamed in a steamer or microwave, simmered on the stove, sautéed or served raw in a salad. You can use chard the same way you use spinach.

Seasonality

Local Swiss chard is available in the summer and fall.

Nutrition

Swiss Chard is low in calories, an excellent source of beta carotene, high in potassium and a source of Vitamin C. It is also high in antioxidants.



For a simple dinner, especially when tomatoes are in season, try Swiss Chard Tomato Pasta.

www.halfyourplate.ca/recipe/swiss-chard-tomato-pasta/

