



# Swiss Chard

**Store:** Store unwashed leaves for 2-3 days in perforated bags and place in refrigerator. Stalks can be stored longer if separated from the leaves.

To freeze Swiss Chard place in freezer bag and place in freezer.

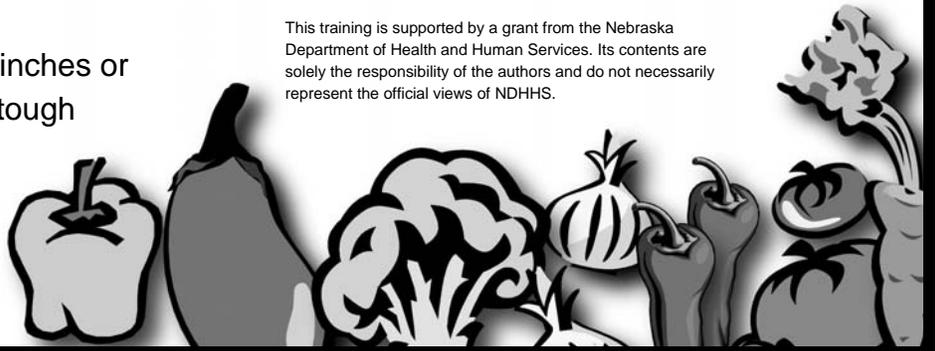
**Prepare:** To cook the stalks, trim 2 inches or so from the root end and remove any tough strings.

Flavor is mildly sweet yet slightly bitter (similar to beets), and has large green leaves with ribs running throughout. The leaves can be smooth or curly and are attached to fleshy, crunchy white, red or yellow celery-like stalks.

**Serve:** Can be eaten raw, sautéed, steamed or simmered. Can be used in place of spinach in a recipe.



This training is supported by a grant from the Nebraska Department of Health and Human Services. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of NDHHS.



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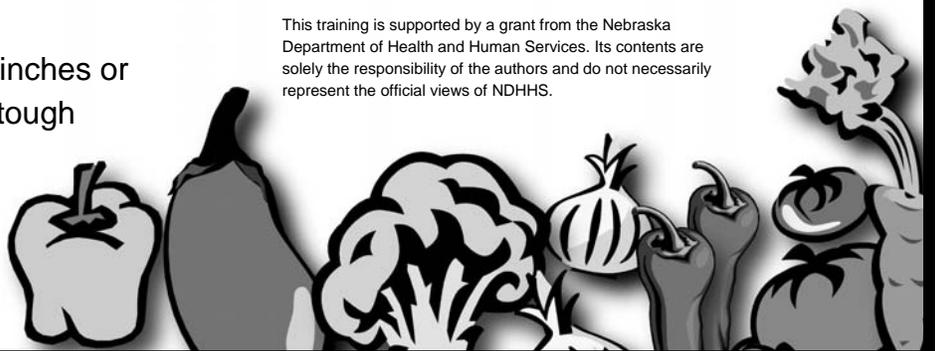
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# Swiss Chard Recipe

## Ingredients

1 to 2 pounds Swiss chard, thoroughly washed and drained  
2 to 4 tablespoons olive oil (2 tablespoons per pound of chard)  
2 cloves of garlic, minced  
Salt  
Ground black pepper

## Directions

Remove leaves of chard from their stems; chop stems into bite-sized pieces.

Stack or roll the leaves together and slice them into smaller strips using a sharp knife.

Heat a skillet over medium-high heat. Place olive oil, chopped chard stems and minced garlic in skillet and sauté 4 to 6 minutes.

Add the chard leaves a bunch at a time as you stir. Once all the leaves are in the skillet, cover with a lid and allow to cook for another 4 to 6 minutes, or until the greens look wilted.

Remove the lid. Turn heat to high and continue cooking approximately 2 more minutes, or until all liquid has evaporated.

Season with salt and pepper to taste, and serve.

enjoy!

Source:  
<http://ezinearticles.com/?How-To-Cook-Swiss-Chard&id-352325>



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