



## What is Swiss Chard?

Swiss chard is a leafy green vegetable similar to spinach or kale. Swiss chard contains Vitamin K to keep your bones healthy and Vitamin A to help your immune system. There are many different varieties of Swiss chard but can all be prepared the same way.

### Preparation

Swiss chard can be eaten raw or cooked. Make sure to rinse with water before preparing or eating. Cut about ½ inch off the bottom of the stems.

### Raw

- Toss in a salad
- Use garnish a sandwich or burger
- Throw in a smoothie

### Cooked

- Fry, boil or steam (on the stove top or in a microwave)
- Toss in stir-fries or in soups

### Storage

Raw Swiss chard should be stored in the fridge for up to 3 days and cooked up to 5 days. You can also freeze after cooking.

### Where can I find more information?

- Eat Right Ontario  
[www.eatrightontario.ca](http://www.eatrightontario.ca)
- Speak with a Registered Dietitian for free by calling 1-877-510-5102



### Swiss Chard and Potato Slow Cooker Soup

- |            |                             |
|------------|-----------------------------|
| 6 leaves   | Swiss chard, finely chopped |
| 3 cups     | vegetable or chicken broth  |
| 1 cup      | water                       |
| 1          | onion, diced                |
| 2          | garlic cloves, minced       |
| 2          | medium potatoes, diced      |
| 1 (14 oz.) | can diced tomatoes          |
|            | salt and pepper, to taste   |



1. Place all of the ingredients into a slow cooker.
2. Cover the soup and cook it on low for 8-10 hours or on high for 6-8 hours, stirring it occasionally.
3. Serve soup.

Store any leftovers in an airtight container in the refrigerator or freezer.

## Swiss Chard Pasta



- 1 tbsp olive or vegetable oil
- 3 cups Swiss chard, chopped
- ½ onion, chopped
- 2 cloves garlic, minced
- ½ cup water or vegetable broth
- 1 can (14 oz.) diced tomatoes
- 3 cups medium shell pasta
- ¼ cup Parmesan cheese (optional)

1. In a large nonstick skillet, heat oil over medium heat.
2. Stir in Swiss chard, onion, garlic with broth.
3. Cover and simmer for 4 minutes.
4. Uncover and stir in diced tomatoes.
5. Let cook, stirring occasionally for about 5 minutes.
6. Meanwhile, in a large pot of boiling salted water; cook pasta as per directions on packaging.
7. Toss pasta with Swiss chard sauce.
8. Sprinkle with Parmesan, if using before serving.

**Tip: add white beans or tuna to add protein to your pasta.**



## Swiss Chard Potatoes

- 4 medium potatoes
- 2 tbsp margarine
- 1 cup milk (or 1 cup water + 3 tablespoons powdered milk)
- 1 bunch Swiss chard, woody stems and ribs removed, leaves chopped
- 1 clove garlic, minced (or ¼ tsp garlic powder)
- salt and pepper, to taste
- chives OR leaks OR onions (optional)



### Instructions on stove top

1. Cut the potatoes into quarters.
2. Put the potatoes in a pot and cover with cold water.
3. Bring to a boil and cook at a gentle boil for 10-15 minutes or until potatoes are soft when poked with a fork.
4. Heat margarine in a pan on medium heat.
5. Add the Swiss chard, garlic and salt.
6. Toss the greens in the butter and sauté, until the chard wilted.
7. Remove from the heat and set aside.
8. Once the potatoes are cooked, drain immediately and return the potatoes to the pot.
9. Mash the potatoes.
10. Add the milk, margarine, pepper and salt.
11. Stir in the chard and garlic mixture.
12. If desired sprinkle with onion, leaks or chives.

### Instructions in microwave

1. Scrub potatoes and pierce with fork several times around.
2. Heat one potato at a time in the microwave on HIGH power for 5 minutes on a microwave safe dish.
3. Turn potato over and cook an additional 3 minutes or until potato is soft enough you can poke a fork through it - Careful it will be hot!
4. In a microwave safe dish, place chard that has been washed but not dried.
5. Cover loosely and cook on high until tender (cooking time will vary).
6. In a bowl mash cooked potatoes.
7. Stir in Swiss chard, margarine, garlic, salt and pepper and milk.
8. If desired sprinkle with onion, leaks or chives.

## Quick Chard and Lentils

- 2 cups Swiss chard, leaves and stalks separated
- 2 tbsp olive or vegetable oil
- 1 garlic clove
- 1 tsp red chili flakes
- 1 cup cooked lentils (if from a can be sure to drain and rinse)
- 1 tsp lemon juice (optional)

1. Cut the chard stalks and leaves into small pieces.
2. Heat the oil in a large pan.
3. Add the chard stalks, garlic, chili flakes and a splash of water.
4. Cook over a low heat for 8-10 minutes until softened.
5. Add the leaves and cook until completely wilted.
6. Stir in the lentils until warm.
7. Remove from heat.
8. Add the lemon juice, and then serve.

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