

6 Reasons to Love Swiss Chard

1. Color – red, pink, yellow, orange, white
2. Cooks quickly or steam
3. Sweetness – earthy addictive sweet taste
4. Raw – ribbon cut large leaves; massage with dressing to tenderize them.
5. Whole Leaf – blanch whole leaf; use as fresh wrap or fill with favorite flavored rice and cheese.
6. Two Vegetables in One – leaves and stems (cut into small chunks)

Cook stems longer than leaves; serve chopped with favorite salad. They are delicious when sprinkled with Italian seasoning and grated Parmesan cheese

Pickle those Chard Stems – serve as appetizers; make sure the stems are tender.

Good Pairings for Swiss Chard: almonds, balsamic vinegar, basil, beets, black rice, butter, coconut milk, corn, currants, eggs, fennel seed, feta, garlic, goat cheese, leeks, lemon, lime, marjoram, mushrooms, nutmeg, olives, **olive oil, onions**, Parmesan cheese, parsley, pasta, pine nuts, polenta, quinoa, red pepper flakes, ricotta, rosemary, scallions, shallots, sweet potatoes, thyme, walnuts, wine vinegars, and zucchini.