

# 10 Quick Recipes & Facts About Swiss Chard!



- 1. Superfood:** We consider Swiss chard a "superfood" because it contains at least 13 antioxidants, which have been shown to aid our circulatory & respiratory systems by protecting us from clogged arteries, high blood pressure & air pollution damage.
- 2. In salads, stir-fries & slaws:** Slice or chop Swiss chard & add to salads, stir-fries & slaws for added nutrition & color.
- 3. Vitamins A & C:** Chard is a very good source of vitamins A & C, which help us stay healthy by supporting our immune systems by preventing colds & other infections.
- 4. Add it to just about anything!:** Like other dark, leafy greens, chard is super easy to add to favorite meals. Chop it up very small, then add to spaghetti sauce, taco filling, chili, beans & rice, macaroni & cheese, casseroles, lasagna – just about anywhere!
- 5. Calcium & iron:** We usually think calcium & iron comes from animal products, but chard is a very good source of both!
- 6. Sautéed Swiss chard:** Cook chopped onion in a small amount of oil over medium-high heat until translucent, about 5 mins. Add chopped chard & a sprinkle of salt, garlic powder & crushed red pepper (optional). Cook until just tender, about 5 mins. Stir in a bit of soy sauce & top with sesame or sunflower seeds. Serve with cooked whole grain (try brown rice or quinoa)
- 7. Fabulous fiber:** The fiber in Swiss chard aids digestion & promotes a healthy gut.
- 8. Lettuce & spinach substitute:** Use raw or lightly blanched chard leaves in sandwiches, wraps, omelets & quiches.
- 9. Simply steamed:** Separate stems & leaves & chop both. Steam stems for 4 mins, then add leaves & steam for another 4 mins. Season with vinegar & a sprinkle of cheese or olive oil & a sprinkle of lemon juice.
- 10. Vitamin K:** Swiss chard's vitamin K promotes bone strength & health.

See other side for another recipe & complete Swiss chard nutrition facts... 

# Superhero Breakfast

## Ingredients

- 1/4 cup chopped onion
- 1/ cup water
- 1 large egg
- 1 tsp cooking oil or butter
- 1.5+ cups chopped Swiss chard
- Vinegar & Parmesan cheese

## Directions

1. Sauté onion with a pinch of salt in water (water sauté) over medium heat until onions are tender, about 3 mins.
2. Meanwhile, fry egg in a small frying pan.
3. Add chard to onions & mix well, adding more water if necessary. Cover & cook until tender & bright green, about 2-3 mins, then add vinegar to veggies & stir well.
4. Using a slotted spoon (to leave any remaining liquid in the pan), place veggies in a shallow bowl & sprinkle with cheese. Top with egg & serve immediately.



## Swiss Chard Nutrition

Nutritional data & images courtesy of NutritionData.com

### 1/2 cup, cooked

<b>Nutrition Facts</b>	
Serving Size 1 cup, chopped 175g (175 g)	
Amount Per Serving	
<b>Calories</b> 35	Calories from Fat 1
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 313mg	13%
<b>Total Carbohydrate</b> 7g	2%
Dietary Fiber 4g	15%
Sugars 2g	
<b>Protein</b> 3g	
Vitamin A 214% • Vitamin C 53%	
Calcium 10% • Iron 22%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
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### 1 cup, raw

<b>Nutrition Facts</b>	
Serving Size 1 cup 36g (36 g)	
Amount Per Serving	
<b>Calories</b> 7	Calories from Fat 1
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 77mg	3%
<b>Total Carbohydrate</b> 1g	0%
Dietary Fiber 1g	2%
Sugars 0g	
<b>Protein</b> 1g	
Vitamin A 44% • Vitamin C 18%	
Calcium 2% • Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
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