

# Swiss Chard

Swiss chard was praised by the ancient Greeks and Romans for its medicinal properties but was given its scientific name by a Swiss botanist in the 19th century. It's no wonder it was regarded as medicinal since it provides an excellent source of many disease-fighting nutrients. One cup of chard provides over 300% RDA for vitamin K, necessary for bone health; over 100% RDA of vitamin A, important for vision and cancer prevention; and 38% of the daily value for magnesium along with 10% of the daily value for calcium, both essential for healthy bones, nerves and muscles. Rainbow chard has 50% the RDA for vitamin C as well as being an excellent source of iron, manganese, potassium, vitamin E, and dietary fiber and having plenty of copper, vitamin B2, vitamin B6, protein, phosphorus, vitamin B1, zinc, folate, biotin, niacin and pantothenic acid as well.

Chard belongs to the same family as beets and spinach. Like bok choy, both the leaves and stalk of chard taste wonderful, though the stalks require a little more cooking time. Beware because cooking chard in an aluminum pot will cause the pot to discolor. I also read that quick boiling is the best way to cook it, instead of sautéing or steaming, to remove the oxalates (naturally-occurring substances that can crystallize and cause health problems when in high concentrations) and so the greens taste sweeter instead of bitter. If you are overwhelmed with all the greens you are getting in your share, keep in mind that 3 servings (cups) a day are recommended and that you can add them to anything and everything! ~ by Martha Berkesch

Finally Swiss Chard! Oh how we have been waiting for you. Did you know chard is not from Switzerland? It actually comes from the Mediterranean. The leaves and stalks have blood sugar regulating properties and a good amount of fiber & protein. Use it in tarts, soups, and substitute in place of other greens. Chard stems can be used in place of celery in recipes. Sauté with herbs & garlic, throw it into soups or your morning eggs. Tastes great in scrambled eggs with lots of cheese melted on top. Cook lightly, until bright green. Dress with oil + vinegar, or lemon juice and butter. Braise and throw in anything greens taste good in!

## Salmon with Turnips & Swiss Chard

4, 6oz Skinless Salmon fillet

4TBS Olive Oil, divided

1tsp finely grated Lemon zest

Salt n' Pepper

2 Garlic Curls, chopped

Turnips, scrubbed, halved, quartered

2 bunches Swiss Chard, chopped

¼ c Cilantro, chopped

¼ Parsley, chopped; 1TBS Lime juice

1tsp sesame oil

Preheat oven 250. Place salmon in large baking dish; drizzle

with 2TBS olive oil, sprinkle with lemon zest, & rub into flesh. Season with salt n' pepper & scatter garlic. Bake until med/rare, about 30-35 min. Combine turnips, 1TBS olive oil & 1c water in a large skillet; season with salt n' pepper.

Bring to a simmer, cover & cook until tender, 15-20 min. Uncover & cook, stirring until no liquid & golden, 5 min. Heat 1TBS olive oil in a skillet over med/high heat. Cook shallot & chard ribs & stems, stirring often, about 3 min. Add leaves cook about 2 min. Add cilantro, parsley & lime juice. Drizzle salmon with sesame oil. Serve salmon with Swiss chard & turnips, top with sesame seeds.



## Bok Choy, Swiss Chard With Noodles

Rice Noodles

1TBS Olive Oil

1TBS ginger, grated  
1 Shallot, diced  
Bok Choy, separate leaves and stems & chopped  
Swiss Chard, separate leaves and stems & chopped  
1 Bell Pepper, chopped  
¾ Stock (any kind of stock)  
2TBS soy sauce  
1TBS Rice Vinegar  
½ c unsalted cashews, a pinch red pepper flake.

Cook noodles according to package directions. In a large skillet over med/high heat, heat oil. Add shallot & ginger, sauté for 2 min. Add bok choy & chard stems, bell pepper, & a sprinkle of salt. Cook, for a min. until peppers are crisp but tender. Remove peppers to a side bowl. In the same skillet, add bok choy & chard leaves, stock, soy sauce, & vinegar. Add pepper mixture back into skillet & mix. Put past into a large bowl, add skillet mix, combine. Top with peanuts and pepper flakes.

### **Garlic Swiss Chard & Chickpeas**

1TBS Olive oil divided  
1/2 lb. Chard remove stem & chopped  
2c Vegetable Broth  
1 Shallot chopped  
2 Garlic Cloves minced  
1 can Chickpeas  
2TBS lemon Juice  
Salt n' Pepper  
1/2c Feta

In a large skillet, heat olive oil over med/high heat. Add chard; cook for 1-2 min. When all is wilted add the broth. Cover & cook for 10 min. drain chard through a fine strainer. Wipe out skillet, heat remaining olive oil over med/high

heat, add shallots & garlic, cook for 2 min. add the chard & chickpeas, cook for 3-4 min. drizzle the lemon juice over the mix, season with salt n' pepper. Add a little feta to the top of each plate and enjoy!



### **Eggs with Swiss Chard on Sourdough Toast**

1/2lb Swiss Chard chopped  
1 Garlic clove minced  
1TBS Butter  
Salt n' Pepper  
Thick slices of Sourdough

In a large skillet, heat butter over medium heat. Add garlic & toss for 5 min. Toast the sourdough with a little garlic butter. Add the Swiss chard, salt n' pepper to the large skillet. Cook stirring occasionally for 10 min. Cook eggs to liking (I like mine over easy, runny yolks). Top the toast with the chard, then egg.

### **Rainbow Swiss chard Chowder**

2TBS olive Oil  
2 onions chopped

2 garlic cloves minced  
4 potatoes washed & chopped  
1 small acorn squash seeds removed & chopped  
1/2lb chard chopped  
2c spinach chopped  
1 can chickpeas  
4c vegetable broth  
1 tsp sage  
Salt n' pepper  
Pinch of cayenne  
Squeeze of lemon  
3TBS chives chopped

Separate the chard leaf from the stem & chop. Chop all remaining veggies into bite sized pieces. In a large soup pot heat olive oil, add veggies, including chard stems leave out the chard leaf & spinach. Sweat veggies for 10-15 min season with salt n' pepper, add veggie stock to cover veggies. Simmer for 20-30 min. Remove a few ladles of soup & blend in a blender. \*CAREFUL HOT LIQUID WILL CAUSE PRESSURE TO BUILD & POP! Add puree back to soup. Add leafy chard, & spinach along with chickpeas into the soup. Wilt the Swiss chard for 5-10 minute, season with salt & pepper. Ladle into bowls & top with a pinch of cayenne, squeeze lemon & a sprinkle of chives.

### **Swiss chard Spinach Salad**

1/4lb Swiss chard  
2c Spinach  
1/2 c olive oil divided  
1 1/2c breadcrumbs  
1 clove garlic minced  
Salt n' pepper,  
Crushed red pepper flakes  
1 lemon  
3/4 c grated parmesan

Remove stems from chard & slice into ribbons. Warm 1/4 c olive oil in a skillet, add breadcrumbs, stirring frequently, until crisp & golden brown 5 min. Stir in garlic, salt n' pepper, pepper flakes toast for 1 min. Zest lemon into the bowl of chard. Juice the lemon into small mixing bowl, add a couple pinches of salt, slowly whisk in 1/4 c olive oil. Add the parmesan & half of the dressing mixture, toss add more dressing if you like, toss in breadcrumbs & serve immediately.

### **Chard Patties (Shareholder Favorite)**

3/4 lb. Swiss Chard  
1 Tbls Olive oil  
2 Tbls Pecorino Cheese, grated  
2 Tbls Breadcrumbs!  
1/2 tsp Salt Pepper to taste!  
Yogurt  
Coconut Oil for frying

Separate the stalk from the green leaf of the chard. Bring a pan of water to a boil. Drop in the stalks, simmer for four minutes, then add the leaves, stir, and simmer for three more minutes. Drain and leave to cool down slightly. Once cool enough to handle, squeeze as much water from the leaves as you can - use both hands and be quite forceful - then roughly chop the leaves and stalks, and put in a bowl. In a small pan, fry the pine nuts in a tablespoon of olive oil for a

minute or two, until light brown (watch out, they darken in seconds). Add the nuts and oil to the chard, along with the cheese, egg, breadcrumbs, salt and pepper. You may need to add more crumbs if the mix is very soft and sticky. Heat up the frying oil. Shape the mix into shallow patties roughly 2" in diameter and 1/2" thick. Fry these in batches for two minutes a side, until golden brown. Transfer to a sheet of kitchen towel, to absorb the oil, and serve warm or at room temperature, with the sauce on the side. Serve with yogurt for dipping. \*Zach Brown, former workshare

### **Pasta with Chard, Chives and Goat Cheese**

1 pound pasta or zucchini noodles

1 big bunch chard

2 cloves garlic

3 Tbls olive oil

1 cup soft goat cheese

2 cups chopped chives

Salt and pepper

Heat olive oil in a large pan, add garlic and cook until it begins to be fragrant. Add the Swiss chard, stir and cook until just wilted. In the meantime, cook pasta or steam the zucchini noodles. Reserve 1 1/2 cups of the cooking water. Add the drained pasta to the Swiss chard. Add the pasta water, 1/4 cup at a time. Turn off heat, and add the chives, mixing well. Finally, add crumbled goat cheese. <http://www.elizabethminchilliinrome.com/2012/06/Swiss-chard-chives-goat-cheese-pasta/>



**Swiss Chard Veggie Burgers** These patties will knock your socks off! Make a double batch and freeze cooked patties for quick meals later on.

2 cups white beans or cooked turnips pureed

2 t canola oil

1 bunch chard

1 onion, diced finely

4 garlic curls, minced

1 cup walnut pieces, ground into small pieces

2 T nutritional yeast

2 T soy sauce

2 t lemon juice

1 T fresh oregano or basil

1/2 t thyme and crushed red pepper

Salt & pepper to taste

3/4 cup or more rolled oats

Lightly process white beans or turnips. Remove chard stalks from leaves. Finely dice the stalks and chop the leaves, keeping separate. Over med heat, sauté 1/2 cup of the diced stalks until softened, add leaves and sauté until leaves wilt. Add to the beans. Sauté the onion for 5 min, add the garlic and cook an additional min. Add to bean and chard mixture. Add to the bean mixture. Mix the nutritional yeast, soy sauce, lemon juice, oregano, thyme, crushed red pepper, salt & pepper into the bean mixture & process everything together. In large bowl add processed mixture & 3/4 cup oats. Take 1/3 cup of the mixture and press into a patty. Refrigerate patties for 30 min & then cook the patties over med heat for 8-10 minutes.

### **Red quinoa bowl w/Swiss chard & poached egg**

½ cup red or regular quinoa, cooked night before

2 t white vinegar

½ onion, chopped

4 turnips, thinly sliced

1 bunch chard, stems & leaves chopped, divided

2-3 garlic cloves or 2 garlic curls, minced

1 portabella mushroom, sliced

1 t salt

2 large eggs

Pepper

2 T chopped onions, chives or scallions

Sauté onion, turnips, & chard stems until softened. Add garlic, mushroom, & quinoa, stir until mushroom softens. Put chard on top of vegetables, add 2 T of h<sub>2</sub>O, salt and cook until leaves are wilted. Divide between two bowls. Bring med saucepan with 2 in. of water and vinegar to a simmer. Crack egg in small dish, swirl water in saucepan w/ slotted spoon, & slowly add egg. Cook until white firms about 1 minute for a softly set egg, place egg over quinoa mixture. Repeat with 2nd egg. Garnish with pepper & basil. Enjoy!

### **Swiss Chard Tart**

2 lbs. Swiss chard

4 T olive oil

1 onion, thinly sliced

2 garlic cloves, thinly sliced

1/8 flat-leaf parsley, finely chopped

3 large eggs

Salt and freshly ground black pepper

1 cup grated Parmesan or Lifeline cheese of your choice

1 cup bread crumbs

Preheat the oven to 350 degrees. Blanch Swiss chard in salted water. Drain, dry, chop & set aside. Sauté onion and garlic in olive oil until soft and golden brown. Add the Swiss chard and the parsley & cook over medium heat for about 10 minutes, stirring occasionally. Remove from the heat and let cool. Break the eggs into a small bowl. Season, to taste with salt and pepper. Add 3 T of Parmesan and, using a whisk, mix until the ingredients are well-blended. Add the egg mixture to the cooled Swiss chard and toss to combine. Grease 9-inch round or oval baking dish with olive oil. Dust the bottom of the baking dish with 1/2 cup bread crumbs. Carefully place the Swiss chard and egg mixture into the pan. Top with the remaining Parmesan and then the remaining bread crumbs. Bake until the top is golden brown, about 1 hour. Serve hot or at room temperature. - Adapted from The Food Network

### **Lentils with Sausage & Swiss Chard**

2 sweet Italian sausage links, casings removed, crumbled

½ cup chopped carrots & turnips

½ cup chopped onion

2 garlic cloves, minced

1 1/3 cup dried lentils

1 bay leaf

1 t fennel seeds

1 t chopped fresh rosemary

2 ½ C (or more) water

1 large bunch Swiss Chard, stems removed, leaves coarsely chopped

Sauté sausage in a large deep skillet over medium-high heat until cooked through, about 6 minutes. Add carrots, turnip, onion and garlic, sauté until veggies begin to soften, about 5 minutes. Stir in lentils, bay leaf, fennel seeds and rosemary. Add 2 ½ C water and bring to a boil. Reduce heat to medium-low, cover and simmer until lentils are almost tender, about 20 minutes. -Bon Appétit

### **Turnip and Chard Soup**

4 Hakuri Turnips - the root part only, sliced

6 Shallots, diced

2 T. Olive Oil

4 garlic curls (or cloves)

1/4 or so Cream

1-2 t. fresh thyme - minced

Salt and Pepper

4 c. chicken or vegetable broth

1/2-1 c. of Swiss Chard - chopped

Preheat oven to 400 degrees. Combine turnips, shallots, garlic, thyme, olive oil, salt and pepper place in roasting pan and roast for 25-30 minutes until tender and golden. Transfer into saucepan, add broth. Bring to a gentle boil, lower heat to a simmer and puree until smooth. Add in half and half and finish off with the chopped swiss chard. Simmer for another 5 minutes and serve.

### **Creamy Swiss Chard Pasta**

1 lb. Swiss Chard

1 T. Olive Oil 2 Garlic Curls (or cloves)

¼ c. chopped onion

2 chopped tomatoes

½ c. milk

½ c. sour cream or yoghurt

¼ parmesan cheese

8 oz. Fettuccine pasta cooked

Salt and Pepper

Wash chard and cut into small pieces. Heat oil in 2 qt. Saucepan over med-high heat, 1-2 min. Add chard, garlic and onion. Cook 1-2 min., stirring occasionally. Add tomatoes, sour cream or yoghurt, milk, parmesan cheese, cooked fettuccine, salt and pepper to taste. Stir well. Serve warm.

### **Super Simple Swiss Chard! (Farm Family Favorite)**

2 T. olive oil

4 cloves minced garlic

1 Bunch chard, stalks discarded (use for something else!)

¼ c. balsamic vinegar

Salt and pepper to taste

Heat the olive oil on a large skillet over med. heat. Stir in the garlic and cook until tender and aromatic, about 2 min. Add the Swiss chard and balsamic vinegar; cook and stir until the chard is wilted and tender, about 5 minutes. Season with salt and pepper and serve.

### **Grilled Steak with Chard, Tomato and Balsamic Vinegar Reduction (Farm Family Favorite)**

2 of your favorite Cosmic Steaks, grill while preparing the rest

1 bunch Chard, chopped

2 cloves garlic, minced

Olive oil

2 Tomatoes sliced

¼ c. balsamic vinegar

Put balsamic in a sauce pan and simmer until reduced by 2/3's. About 25 min. Heat oil in a skillet. Add garlic. Stir until fragrant. Add Chard. Cook until wilted. Place Steak in center of plate. Arrange chard in a circle around steak. Put tomatoes on top of chard. Drizzle plate with reduced vinegar.

**Chard & Fennel Sauté** Make it into a main dish by tossing with hot cooked pasta and adding some grated Parmesan, toasted pine-nuts or cubes of grilled chicken....

2 tablespoons olive oil

2-3 cloves minced garlic

1 bunch chard, washed

1-2 bulbs fennel, washed

1 handful basil, chopped

1 sweet pepper, minced

Salt and pepper to taste

1 tsp. grated lemon zest

Trim the stalks and fronds off the fennel bulb. Mince some of the feathery leaves and reserve about ¼ cup. Trim away any brown spots and slice to about ½". Trim the ends off the chard and slice the stalks to ½ inch as well. Chop up the chard leaves and set aside. In a large skillet, heat the olive oil over medium high and sauté the garlic and pepper till translucent, then add the chard stems and fennel slices. Sauté, stirring, for another 4-5 minutes, then add the basil, fennel leaves, salt, pepper and lemon zest. Cook another 3-4 minutes & serve immediately.

**Swiss Chard with Pine Nuts, Parmesan and Basil (Shareholder Favorite)** from Fine Cooking, sent in by Melissa Young  
Great as a side dish or tossed with pasta, which is how my kids loved it!

1 large bunch Chard

1 Tbs extra virgin olive oil

3 Tbs pine nuts

Kosher salt

1 Tbs minced garlic

1 Tbs cold unsalted butter, cut into 4 pieces

1/4 c grated Parmigiano-Reggiano

1/4 c thinly sliced fresh basil leaves (8-10 large leaves)

Cut stems from the chard leaves. Cut leaves into 2-3 inch pieces. Slice the stems crosswise into 1/4 inch thick pieces.

In a 12 inch skillet, heat olive oil over medium heat. Add pine nuts and cook stirring constantly, until lightly browned 2-3 minutes. Transfer the nuts to a plate leaving as much oil as possible. Return the pan to medium-high heat add the chard stems and a pinch of salt, and cook stirring occasionally, until shrunken and beginning to brown lightly, 6-7 minutes.

Add garlic and cook until fragrant, about 15 sec. Add chard leaves and 1/4 tsp. salt. Toss with tongs until just wilted, 1-2 minutes. Remove the pan from the heat, add the cold butter pieces and stir just until the butter has melted. Sprinkle on the cheese, pine nuts and basil, toss to serve.

### **Pasta and Swiss Chard**

1 Lb. Penne, Rigatoni or Ziti Pasta, cooked and drained  
½ red onion, thinly sliced  
¼ cup extra-virgin olive oil  
3-4 minced fresh garlic cloves or 2-3 garlic curls  
1 large bunch Swiss Chard, washed and trimmed, chopped into bite-size pieces  
1 cup grated hard Italian or Spanish Cheese  
2 cups cubed cooked chicken, beef or Italian sausage, optional  
¼ cup chopped fresh herbs such as basil, thyme, oregano, chives, parsley, etc..

Cook and drain the pasta according to package directions, drizzle with a little olive oil, and keep warm. Meanwhile, in a large skillet, heat olive oil over medium-high then add the onion and garlic. Add the chard, chopped herbs and cooked meats, if using, and stir to coat with the olive oil. Cook and stir for 4-5 minutes until chard is wilted. Add a few tablespoons of water or wine, if desired. Heat through, toss with the grated cheese, and serve immediately.

### **French Chard Tart (Shareholder Favorite)**

This recipe has become a cherished favorite among long-time workshares and shareholders. Every summer this recipe is celebrated throughout France, to celebrate the arrival of this lovely green. Enjoy!

Begin by preparing your favorite pie crust, laying it in the pan, covering and placing it in the fridge to keep cool.

Meanwhile, over medium heat, sauté until wilted:

1 finely chopped red onion  
1 bunch chard, trimmed and chopped  
2-3 cloves garlic or garlic curls  
2 Tbls. chopped fresh herbs, your choice

In ¼ cup olive oil

Season with salt and pepper to taste. Remove from heat and allow to cool a bit. Whisk together 3 eggs, ½ cup cream or half and half (or whole milk) and 1 cup grated hard cheese (think: Gruyere, Asiago, Aged Dry Jack, Parmesan, Romano, Mizithra). Line the bottom of the pan with the chard then pour the egg and cheese mixture over the top. Bake at 350\* for 45 minutes, or until crust is golden brown and filling is set. Serve warm or at room temperature with lemon wedges. Top it off with a 3-bean salad, some crusty French bread and a nice bottle of wine.