

# **Nutrition Education**

## **Swiss Chard**

Swiss chard is a leafy green vegetable with stalks that are green, red or a mixture of red, pink, orange and yellow. Chard leaves are very nutritious as they are an excellent source of vitamins A, K and C and a good source of several minerals and fiber as well. Chard may be eaten raw, steamed, boiled or sautéed. Look for crisp stalks and firm, crinkly green leaves without spots or holes. Many people think that the smaller leaves are sweeter and more tender than the larger ones. Garden fresh chard has the most pleasant flavor, but you can purchase chard at the grocery store. Chard may be stored in the refrigerator for up to three days; do not wash chard until you are ready to use it.

Chard is a great plant for a garden as it grows quickly and can tolerate mild frosts. You can sow chard seeds directly into the soil two to three weeks before the last expected frost. Harvest chard leaves as soon as they are large enough to eat. Your plants should continue to produce leaves for harvesting throughout the growing season.

### **Lemony Swiss Chard Pasta**

1. Bring a pot of water to a boil. Add pasta to the pot and cook for 10 minutes or until *al dente*, stirring occasionally.
2. Meanwhile, wash the chard, remove its stems, and cut the chard into small, 1/3-to 1/2-inch pieces. If you wish, you may sauté the chard in olive oil or throw it in with the boiling pasta for a few minutes prior to draining the cooked pasta.
3. Squeeze the lemon juice into a large bowl.
4. In the large bowl, whisk together the lemon juice, salt, pepper, and olive oil.
5. Chop the feta cheese into small pieces.
6. When pasta is cooked, add the drained pasta, chard, and feta to the bowl of dressing.
7. Toss until well combined.

