

CHARD

Types

Chard (also called Swiss chard) often has red stalks with green leaves. It can also be found with yellow, white, or rainbow stalks.

Selection Info

Look for full leaves that are bright in color. Avoid yellow or wilted leaves. Smaller leaves are sweeter, the larger leaves are chewier.

If using the stalks, look for firm crispness.

Preparation

Rinse chard thoroughly in a cool stream of water when ready to use. Chard can be eaten raw or cooked.

Boil: Bring a large pot of water to a boil. Add chard (stems first, then leaves) and cook uncovered for about 2-3 minutes to release the acid. Remove from water, drain and use in recipe. Discard water.

Steam: Cut and remove thick stems. Place chard in steamer basket, then put on the lid and steam for 3-5 minutes. Remove basket to drain water before adding to recipe.

Roast: Heat oven to 325°F. Rinse chard and pat dry, then cut off the ends and remove stems. Place on a cookie sheet and drizzle with 1-2 tablespoons olive oil and bake for 2-3 minutes. Remove as soon as the sides of chard begin to curl. Add desired seasoning.

Storage

Short-Term Storage: Store unwashed in a plastic bag in the refrigerator for 2-3 days.

Long-Term Storage: Greens can be frozen or dried.



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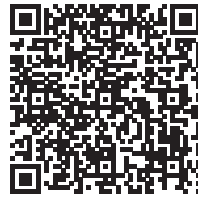
SWEET POTATO AND BLACK BEAN STEW

Ingredients

- 2 tablespoons vegetable oil
- 1 small whole, dried New Mexican chili pepper
- 1 1/4 cups fresh onion (diced)
- 1 teaspoon ground cumin
- 1 1/2 cups fresh sweet potatoes (peeled and cut into half-inch cubes)
- 6 cups (about 3 cans) low-sodium black beans (drained and rinsed)
- 3/4 cup orange juice
- 1 cup low-sodium chicken stock
- 1 tablespoon red wine vinegar
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 4 cups fresh Swiss chard (stems removed and chopped)

Directions

1. Dice onion.
2. In a large pot, heat vegetable oil over medium heat. Add onion and whole chili pepper and cook for 1-2 minutes.
3. Add cumin and cook for 2 minutes.
4. Add sweet potatoes, black beans, orange juice, and chicken stock. Bring to a boil, then cover, and reduce heat to low.
5. Simmer until the potatoes are tender (about 20 minutes).
6. Remove chili pepper and discard.
7. Add vinegar, salt, and pepper.
8. Add Swiss chard, cover, and continue cooking until chard is tender. Serve hot.
9. May serve over brown rice or whole-wheat couscous.



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Nutrition Information

Serving Size 1 cup

Nutrients	Amount
Total Calories	222
Protein	10g
Carbohydrates	43g
Dietary Fiber	12g
Total Fat	4g
Saturated Fat	0g
Sodium	536mg