

Swiss Chard

Selection - Choose swiss chard with crisp green leaves and firm stalks.

Storage - Store unwashed leaves in the refrigerator. Make sure to wash right before eating (stays fresh for 2-3 days).

Nutrition - Potassium, a mineral your body needs, in swiss chard supports heart health.

3 EASY WAYS TO USE SWISS CHARD

- To make a salad, remove leaves from the stalk and wash the leaves. Once cleaned, chop the chard and add into a salad with other veggies.
- To sauté chard, dice up leaves and stalks. Cook stalks, onions and garlic before leaves (about 5 minutes) then add in leaves and cook for 2-4 more minutes.
- Use swiss chard like spinach; add to soups, eggs or pasta. Add the chopped swiss chard in the last 10-15 minutes of cooking.



Pasta with Greens, Beans and Chicken

Makes 6 Servings

Ingredients

- ☐ 16 ounces pasta, whole wheat
- ☐ 1 tablespoon vegetable oil
- ☐ 1/2 onion, chopped
- ☐ 3 cloves garlic, chopped
- ☐ 2 cups cooked chicken cubes (or 3 chicken sausages, chopped)
- ☐ 6 cups swiss chard, chopped
- ☐ 1 (15.5 ounce) can low sodium cannellini beans, rinsed and drained (can also use great northern or navy beans)
- ☐ 2 cups chicken broth, low-sodium (or vegetable broth)
- ☐ 1 teaspoon Italian seasoning
- ☐ Salt and pepper, to taste
- ☐ 1/2 cup parmesan cheese (optional)

Directions

1. Cook the pasta according to directions on the box.
2. On medium heat, add vegetable oil and onion to a large pan.
3. Cook for 5 minutes; add garlic and cook for 1 minute more.
4. Stir in chopped chicken and cook until heated through.
5. Add swiss chard, beans, chicken or vegetable broth, and spices.
6. Add cooked pasta and stir to combine.
7. Cook for 5 minutes, until pasta is heated through.
8. Add salt and pepper, to taste (optional), and garnish with parmesan cheese before serving (optional).

Recipe adapted from: University of Maryland Extension, MyPlate Kitchen
<https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/pasta-greens-beans-and-chicken>

