



# Swiss Chard

## The Superfood You Love!

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Let food be they medicine  
Hippocrates

### Nutrients in Swiss Chard 1.00 cup cooked (175.00 grams)

Nutrient	%Daily Value
vitamin K	715.9%
vitamin A	214.3%
vitamin C	52.5%
magnesium	37.6%
manganese	28.9%
potassium	27.4%
iron	22%
vitamin E	16.5%
fiber	14.6%
copper	14.4%
choline	11.8%
calcium	10.1%
tryptophan	9.3%
vitamin B2	8.8%
vitamin B6	7.5%
protein	6.5%
phosphorus	5.7%
vitamin B1	4%
folate	3.9%
zinc	3.8%
biotin	3.5%
vitamin B3	3.1%
vitamin B5	2.8%
Calories (35)	1%

### Swiss Chard

- Native to Mediterranean, Sicily
- Established roots in England and America in 1830's
- Biennial vegetable
- Planted in March or May
- Can be eaten cooked or raw. Boiling releases some oxalates.

### 3-Minute Swiss Chard

#### Ingredients:

1 lb Swiss chard, chopped  
 1 medium clove chopped garlic  
 1 tsp fresh lemon juice  
 3 TBS extra virgin olive oil  
 salt and black pepper to taste

#### Optional:

6 kalamata olives  
 1/2 cup feta cheese  
 1 tsp. soy sauce

#### Directions:

1. Chop garlic and let sit for 5 minutes to bring out its health-promoting properties.

2. Use a large pot (3 quart) with lots of water. Make sure water is at a rapid boil before adding Swiss chard.

3. Cut off tough, bottom part of Swiss chard stems.

4. Add the chopped leaves to the boiling water. Do not cover. Cook for 3 minutes; begin timing as soon as you drop the Swiss chard into the boiling water.

5. Place in colander and press out excess water.

6. Transfer to serving dish and toss with rest of ingredients while hot.

7. Using a knife and fork, cut Swiss chard into small pieces for more flavor.



#### References

1. Pictures of Rainbow Swiss Chard. Strangers Hill Organics. Taken by Crystal Olry
2. Nutrient Data. Worlds Healthiest Foods. Taken from: <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=16>; May 31<sup>st</sup> 2013.
3. Robert Buist, The Family Kitchen Gardener (New York: J. C. Riker, 1847), p. 124.
4. Recipe taken from: <http://www.whfoods.com/genpage.php?tname=recipe&dbid=100>