



RAINBOW SWISS CHARD

3 WAYS!

STEWED CHICKPEAS AND CHARD OVER TOAST

INGREDIENTS NEEDED:

2 large, fresh tomatoes chopped
1 cup rainbow chard
6 garlic cloves, divided
3 tablespoons olive oil
1 cup yellow onion, chopped
1 teaspoon cumin powder
¼ teaspoon smoked paprika
½ teaspoon salt
¼ teaspoon crushed red pepper
1, 16oz can of chickpeas, drained
Slices of whole wheat or rustic bread

STEPS:

1. Strip and chop the chard leaves from the stems.
2. Take chard stems and dice them into small pieces.
3. Chop onions, tomatoes, and mince garlic.
4. Heat the olive oil in a skillet and add onion, garlic, and chard stems.
5. Stir in cumin, paprika, salt, and pepper.
6. Sauté this mixture until onions are soft and fragrant.
7. Next, add chickpeas and tomatoes, turning heat to low to simmer.
8. Last, add chard leaves and reduce heat, simmering until chard is wilted.
9. Spoon on top of toasted bread slices.

This dish goes great as a side for any meal, too!

QUICK PICKLED CHARD STEMS

INGREDIENTS NEEDED:

1 cup chard stems chopped
2 tablespoons whole mustard seeds
½ cup white vinegar
½ cup water
3 tablespoons sugar
½ cup shallot or onion, sliced
1 tablespoon whole peppercorns
½ teaspoon salt

STEPS:

1. Chop chard stems and sprinkle with salt.
2. Toast mustard seeds in a saucepan (optional).
3. Add vinegar and water to the hot saucepan and bring to a boil.
4. Reduce to a simmer and add sugar until dissolved--this is your brine.
5. Let the brine cool and pour over chard stems in a cleaned 8oz mason jar.
6. Allow this to cool to room temperature, place the lid on and refrigerate.
7. Eat within 30 days!

Chard is a great source of iron and vitamin A!

CREAMY SWISS CHARD

INGREDIENTS NEEDED:

2 tablespoons water
4 bunches of chopped chard (leaves only)
¼ cup butter
5 tablespoons flour
1 ½ cups whole milk
½ teaspoon ground nutmeg
Salt and pepper to taste

STEPS:

1. Place water in a pan and bring to a boil.
2. Add chard leaves, cooking until wilted (about 2-3 minutes).
3. Remove chard and drain any excess water from the leaves.
4. In the same pan, melt butter, add in the flour, and cook for 1 minute.
5. Add in milk while whisking slowly and allow the liquid to thicken.
6. Add chard to pan, coating with flour mixture.
7. Add nutmeg, salt, and pepper.

Want to make this dish dairy free? Just substitute any non-dairy milk!