

LYNCHBURG

is for

LOCAVORES

COOKING DEMONSTRATION WITH JEANELL SMITH



Swiss Chard:

Swiss chard sounds exotic and it is a mildly bitter green which makes it fun to add to dishes and salads for a burst of flavor. Brimming with nutrients, like vitamin K, A & C, magnesium, potassium, iron & fiber, it can be used in salads, as a side dish, or as a wrap for a low calorie alternative to bread. Look for vivid green leaves and crisp stalks. Do not wash leaves before storing, and refrigerate for use within five days in a tightly sealed bag.

When ready to prepare Swiss chard, rinse under cool water without soaking, and stack leaves, slicing into strips. The white of the stalks are good, but the colored stalks can be tough. Boiling chard brings out the sweetness. Bring a pot of water to a boil, add chard & boil for 3 minutes, uncovered. Drain and add to rice, quinoa, pasta, casseroles or eggs. Sauté' chard with a little oil, onions and garlic & serve as a side dish.

Swiss Chard Sandwich - Serves 1

- 1 Swiss Chard leaf
- 1 teaspoon lowfat mayonnaise
- 3 ounces turkey slices
- 1 ounce reduced fat cheddar cheese
- 1 slice tomato

Lay the chard leaf out, spread with mayo, then turkey, cheese, tomato & roll leaf around to close.

Per Serving: 191 Calories; 5g Fat (24.3% calories from fat); 28g Protein; 8g Carbohydrate; 2g Dietary Fiber; 43mg Cholesterol; 1511mg Sodium.

MORE RECIPES ON THE BACK! →

Swiss Chard Salad – Serves 4

2 slices bacon
2 teaspoons apple cider vinegar
1/4 teaspoon black pepper
6 cups Swiss chard leaves, chopped

1. Heat skillet over medium heat, add bacon and cook until crisp.
2. Remove bacon and crumble, set aside.
3. Add vinegar and black pepper to skillet with bacon fat and whisk to make a bacon vinaigrette.
4. Drizzle bacon vinaigrette over Swiss Chard and toss, sprinkle crumbled bacon over top. Serve.

Per Serving: 29 Calories; 2g Fat (46.6% calories from fat); 2g Protein; 2g Carbohydrate; 1g Dietary Fiber; 3mg Cholesterol; 150mg Sodium.

Breakfast Swiss Chard – Serves 4

1 teaspoon canola oil
4 ounces turkey (or pork) breakfast sausage, casings removed
1/2 onion, chopped fine
1 pound Swiss chard leaves, washed and chopped
2 teaspoons spices
4 large eggs, beaten

1. Heat oil in skillet to medium.
2. Add sausage and onion together to skillet, crumbling sausage and cooking until sausage is no longer pink and onions are tender.
3. Add chard and cook until leaves wilt, add seasonings if desired.
4. Pour eggs into skillet and scramble eggs with greens and sausage until done.

Per Serving: 179 Calories; 12g Fat (58.3% calories from fat); 13g Protein; 6g Carbohydrate; 2g Dietary Fiber; 235mg Cholesterol; 464mg Sodium.

ENJOY AND COME BACK NEXT WEEK FOR MORE RECIPES AND NEW WAYS
TO PREPARE OUR SPOTLIGHTED VEGETABLE: THE RADISH!



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