

SWISS CHARD

Ways to Prepare Swiss Chard:

1. **Raw** – Cut stems from the leaves and reserve stems for adding to soups or stir-fries. Chop the leaves, and mix with your favorite lettuce. Toss with salad dressing and toppings.
2. **Sautéed** – Heat a skillet with some olive oil or butter on medium high heat. Add chopped swiss chard, and some salt, and pepper and sauté for about minutes, stirring occasionally, until the chard is tender. Top with a squeeze of lemon juice (optional) and serve.
3. **Boiled** – Add chopped chard to boiling and water and let boil for 3 minutes. Strain Swiss chard and move to ice water immediately to stop the cooking. Squeeze out water and serve.



Add Swiss Chard to:

- * Soups
- * Salads
- * Stir-Fries
- * Pasta



Lemon, Chicken, Swiss Chard, & Rice Soup

Makes 8 servings

Ingredients

2 tablespoons olive oil
2 lb boneless skinless chicken breasts, cut into 1/2-inch pieces
4 cans (14-1/2 ounces each) reduced-sodium chicken broth
8 cups chopped Swiss chard
2 large carrots, finely chopped
1 small onion, chopped
1 medium lemon, halved and thinly sliced
1/4 cup lemon juice
1/2 teaspoon pepper
4 cups cooked brown or white rice



Instructions

1. In a large pot, heat 1 tablespoon oil over medium-high heat. Add the chicken; cook and stir until browned.
2. Stir broth, 2 cups of water, vegetables, lemon slices, lemon juice, and pepper into chicken. Bring to a boil, and turn heat down to a simmer. Let simmer for 30 minutes. Stir in rice; heat through.