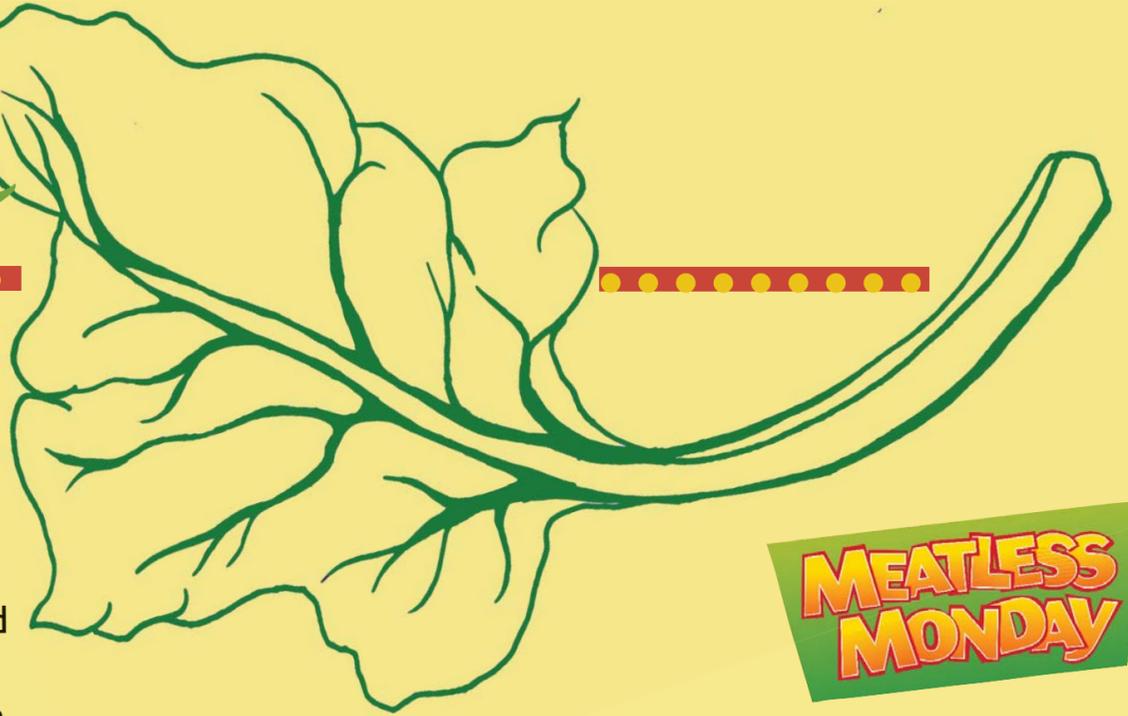


Try Me!

Chard

Quick Facts

- ...▶ Chard is a tall leafy green vegetable commonly referred to as Swiss Chard and scientifically known as Beta vulgaris.
- ...▶ This highly nutritious vegetable is often used in Mediterranean cooking.
- ...▶ The ancient Greeks and Romans honored chard for its medicinal properties.
- ...▶ Aristotle wrote about chard in the fourth century B.C.
- ...▶ Chard ranks second only to spinach in an analysis of the most nutrient-rich vegetables.
- ...▶ Chard has a slightly bitter taste. When cooked or sauteed the bitterness fades leaving a more delicate flavor.
- ...▶ Chard is in season between June and August. You can still find it in stores throughout the year.



**MEATLESS
MONDAY**

Health Benefits

- ...▶ To get the full benefit from chard, it is recommended that you eat a 1/2 - 1 cup serving.
- ...▶ It may help with nervous system health, especially in specialized nervous systems like your eyes.
- ...▶ Studies show that it is effective for regulating blood sugar.
- ...▶ With its good supply of calcium, chard is good for your bone health.

Buying & Storing

- ...▶ Choose chard that is held in a chilled display case, this will ensure a crunchier texture and sweeter taste.
- ...▶ Look for leaves that are vivid green in color and don't have any browning or yellowing. The leaves should not be wilted or have tiny holes. Healthy chard will have stalks that are crisp and unblemished.
- ...▶ Don't wash before storing because exposure to water will cause spoilage.
- ...▶ Place it in a plastic bag and squeeze out as much air as possible. Place in the refrigerator where it will stay fresh up to 5 days.

Cooking & Eating

- ...▶ Young, tender chard leaves can be eaten raw to add a beet-like flavor to salads and sandwiches. Or you can replace spinach for chard in a recipe. You will need to cook it a little longer.
- ...▶ Some people prefer to cook only the leaves, while others chop it up and cook the whole vegetable. If you are going to do this, cook the stems first because they take longer to cook, then add the leaves.

Chard is only 7 calories per cup. It is high in Vitamins A, K, and C. Plus it is high in dietary fiber.



Try Chard!

Monday, October 21 the dining centers will have samples of:
Swiss Chard Quesadilla and Swiss Chard Creamy Pasta

References:

<http://urbanext.illinois.edu/veggies/chard.cfm>
<http://www.whfoods.com/>

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