



# CHARD

## Nutrition Facts:

Chard is a great source of:

- Vitamin K, Manganese, and Magnesium, necessary for **bone-building**
- Antioxidants A, E and C for a **healthy immune system**
- **Heart-healthy** potassium
- **Energy-producing** iron

It is also a very good source of:

- **bone-healthy** copper and calcium
- **Energy-producing** vitamin B2 and vitamin B6
- **Muscle-building** protein
- **Heart-healthy** dietary fiber

One cup of cooked chard contains only about 35 calories.



## What is chard?

Chard—along with kale, mustard greens and collard greens—is one of several leafy green vegetables often referred to as "greens". It is a tall leafy green vegetable with a thick, crunchy stalk that comes in a variety of colors including white, red, yellow and orange. Different colored varieties are sometimes bunched together and labeled "rainbow chard."

## What does it taste like?

Chard belongs to the same family as beets and spinach and shares a similar flavor profile that is bitter, pungent, and slightly salty.

## Fun Facts!

- Chard is known by many other names such as **Swiss chard, silverbeet, perpetual spinach, spinach beet, crab beet, bright lights, seakale beet, strawberry spinach, Roman kale, leaf beat, and mangold**. In South Africa, it is simply called spinach. The word "chard" however, originally comes from the Latin word cardus which means thistle.
- Chard is not only one of the most popular vegetables along the Mediterranean, but it is one of the **most nutritious** vegetables in the world and ranks second only to spinach in total nutrient-richness.
- The tall leafy vegetable is a part of the **goosefoot** family -- aptly named because the leaves resemble a goose's foot. Other members are beets and spinach. Even though chard is related to beets, its roots are inedible.



hopelink  
Helping people. Changing lives.

# How To Prepare CHARD

## HOW TO:

**STORE:** Do not wash chard before storing. Place chard in a plastic bag wrapped tightly around the chard, squeezing out as much air from the bag as possible before sealing. Place in refrigerator where it will keep fresh for up to 5 days.

**FREEZE:** To freeze, remove stems, wash and chop the leaves. Blanch (boil for 2 mins. followed by a cold ice bath for 2 mins. as well), drain and pat them dry. Place in an airtight containers or freezer bag. Freeze immediately.



### Ingredients:

- **1 tsp** vegetable or olive oil
- **1** small zucchini or other summer squash (washed, chopped)
- **½ bunch** kale (washed, chopped)
- **½ bunch** swiss chard (washed and chopped)
- **1** small onion (peeled, chopped)
- **4** whole wheat tortillas (10-inch)
- **1 cup** shredded cheddar cheese
- **½ cup** salsa

### How to Choose Chard:

Chard leaves should be crisp and bright. Stalks should be firm. Different varieties have different tastes so experiment with what you prefer. Chard with red stems tend to be sweeter but tougher.

### How to Prepare Chard:

Just before you use the chard, thoroughly clean it by swishing in a bowl of cold water until all dirt falls off. Rinse and pat dry. Remove stems and thick ribs from leaves and chop separately as these will need more time to cook. Chop leaves into bite-sized pieces. Add leaves a minute or two after stems when cooking.

## Vegetable Quesadillas

1. Add ½ teaspoon oil to the pan.
2. Cook vegetables on medium heat for 4-5 minutes, stirring frequently. Remove from pan.
3. Add ½ teaspoon oil to the pan. Place tortilla in the pan. Sprinkle with half the vegetables and half of the cheese.
4. Place the other tortilla on top. Cook on medium heat for 4-6 minutes or until the cheese starts to melt and the bottom tortilla starts to brown.
5. Flip quesadilla. Cook for 4 minutes or until tortilla browns.
6. Repeat steps 3-5.
7. Cut each quesadilla in half. Serve with salsa!

Prepared by Hopelink  
Volunteers

#### References:

1. Current page photo: Jonathunder / Foter.com / CC BY-SA
2. Front small photo: Magalie L'Abbé / Foter.com / CC BY-NC
3. Front large photo: timsackton / Foter.com / CC BY-SA
4. Other data: www.whfoods.com



hopelink  
Helping people. Changing lives.