

Chard



Sometimes called Swiss chard or rainbow chard, chard is a large, leafy vegetable that grows with colorful, edible stems that range from white to yellow to dark red. Mild in flavor and edible raw or cooked, chard is very high in vitamin A and K, and good source of vitamin C, fiber, and iron. Stem and leaves can be eaten together or used separately in a variety of dishes.

Cooking

The stems are tougher and need to be cut smaller or cooked longer than the leaves: strip leaves from stems before preparing. Steam, sauté, or stir-fry leaves and stems, or use leaves raw in a salad or pasta dish. Leaves can even be blended into smoothies, and stems can be pickled for a crisp, colorful snack!



Storage

Trim stems and store like cut flowers in water on the counter for 1-2 days, or wrap in a plastic bag and refrigerate 3-5 days. Wash only when ready to use. Chard can also be pre-cut and frozen in airtight containers or bags for 3-6 months.

Swiss Chard with Lentils and Feta Cheese

lovin'
spoonfuls
a food rescue



Ingredients:

- 2 tbsp oil (olive or vegetable)
- ½ yellow onion, finely chopped
- 2 garlic cloves, finely chopped
- ½ cup dry brown or green lentils
- 2 cups water
- 12 oz Swiss chard (1 bunch)
- 4 tsp red wine vinegar
- Salt & pepper to taste
- ½ cup crumbled feta cheese (about 2 ½ oz)

Directions:

1. Heat 1 tbsp of oil in a medium sauce pan. Add the onion and garlic, and cook until softened.
2. Add the lentils, stir to combine, and then add the water. Increase the heat to high and bring to a simmer. Reduce heat and let simmer for about 30 minutes, or until all the liquid is absorbed and lentils are tender. Set aside.
3. Separate chard stems and leaves and rough chop, keeping separate.
4. Heat the remaining 1 tbsp of oil in a large frying pan over medium-high heat until shimmering. Add the chard stems first, with salt and pepper to taste. Cook, stirring occasionally, until softened.
5. Add the chopped chard leaves and cook just until wilted, 2-3 minutes. Stir in the red wine vinegar and reserved lentil mixture until evenly combined.
6. Remove from heat and allow to cool slightly, about 3 minutes. Sprinkle in the feta and stir gently.
7. Taste and season with salt and pepper or more vinegar as needed. Serve.

