



Creamed Swiss Chard

Mayo Clinic staff

<http://www.mayoclinic.com>



Available year-round, Swiss chard is among the most tender and sweet of the cooking greens. Like all leafy greens, it is high in nutrients. Here, soy milk contributes richness but virtually no fat.

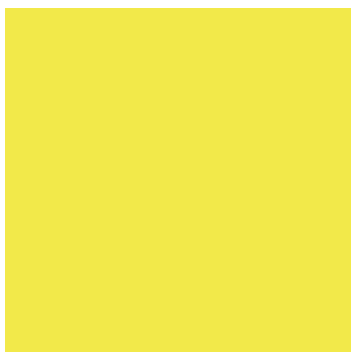
Yield: 6 servings

Ingredients

- 2 tablespoons olive oil
- 1 ½ tablespoons unbleached all-purpose flour
- 3 garlic cloves, finely chopped
- 1 ¼ cups low-fat plain soy milk
- 2 pounds Swiss chard, washed, stemmed and cut crosswise into ½" strips
- ¼ teaspoon salt
- ½ teaspoon freshly ground black pepper
- 1 tablespoon grated Parmesan cheese

Method of Preparation

1. In a large frying pan, heat olive oil over medium heat. Whisk in flour to make a smooth paste. Continue whisking and add garlic; cook for 30 seconds longer. Whisk in the soy milk and cook until mixture thickens slightly.
2. Add chard and stir to coat well. Cover and cook just until tender, about 2 minutes. Season with salt and pepper. Sprinkle with Parmesan and serve hot.



Swiss Chard Tzatziki



Martha Stewart Living
<http://marthastewart.com>

Yield: Serves 4, about 1 ¼ cups

Ingredients

- 1 cup Swiss chard, stemmed and finely chopped
- 1 garlic clove
- ¼ teaspoon coarse salt
- 1 cup low-fat Greek yogurt
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon fresh lemon juice
- 1/8 teaspoon cayenne pepper
- 2 whole-wheat pitas, cut into wedges and toasted

Method of Preparation

1. Prepare an ice bath; set aside. Bring a large saucepan of water to a boil. Add chard; cook until just tender, 3 to 5 minutes. Drain. Immediately plunge into ice bath to stop cooking. Drain.
2. Using a mortar and pestle, grind garlic and salt into a paste. Stir chard, yogurt, garlic paste, oil, lemon juice, and cayenne pepper in a medium bowl. Serve with pita wedges. Tzatziki can be refrigerated in an airtight container up to 1 week.



Peaches and Cream Green Smoothie



Super Healthy Kids

<http://www.superhealthykids.com>

Ingredients

- 3-4 handfuls of greens
- 2 cups almond milk
- 2 cups frozen peaches
- 1 frozen banana
- 1 tablespoon chia seeds
- 1 scoop vanilla protein powder

Method of Preparation

1. Blend together until smooth and creamy.



Swiss Chard Frittata



*This recipe was created and tested by
Clemson University's Culinary Nutrition
Undergraduate Student Research Group*

Yield: 8 servings

Ingredients

- Cooking spray
- 5 large eggs
- 5 large egg whites
- 2 tablespoons light whipping cream
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 garlic cloves, minced
- ½ cup diced onion
- ½ cup diced red bell pepper
- 2 ounces Canadian bacon, diced
- 1 large bunch Swiss chard, stemmed and torn into pieces
- ¼ teaspoon ground nutmeg
- ½ cup (2 ounces) Swiss cheese, grated

Method of Preparation

1. Preheat oven to 350F.
2. Place egg whites, eggs, cream, salt and pepper in large bowl; stir well with whisk.
3. Heat 10-inch nonstick skillet coated with cooking spray over medium-heat. Add garlic, onion, bell pepper and Canadian bacon; saute 2 minutes. Add Swiss chard and nutmeg; saute 3 minutes or until tender. Pour egg mixture into pan, sprinkle cheese on top; transfer pan to oven. Bake 20 minutes or until eggs are set.

Nutrition Information

Calories: 100	Sodium: 420mg	Vitamin A: 20%
Fat: 5g	Fiber: 1g	Vitamin C: 25%
Saturated fat: 2g	Sugars: 1g	Calcium: 6%
Carbohydrates: 3g	Protein: 8g	Iron: 4%



Fettucine with Swiss Chard and Mushrooms



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Yield: 4 servings

Ingredients

- 2 tablespoons olive oil
- ½ cup shallots, chopped
- 2 garlic cloves, sliced
- 8 to 10 small mushrooms, sliced
- 1 pound Swiss chard, stemmed, chopped into 1-inch pieces
- 6 ounces uncooked fettucine
- ¼ cup grated Parmesan cheese
- ¼ teaspoon cracked black pepper

Method of Preparation

1. In large skillet, heat olive oil over medium heat. Add shallots, garlic and mushrooms. Saute vegetables until tender, about 5 minutes.
2. Add Swiss chard and reduce heat; cover for about 3 minutes. Using tongs, turn chard over so uncooked leaves are on bottom and wilted leaves are on top. Cover and cook until completely wilted, about another 3 minutes.
3. Fill large pot with water and bring to boil. Add fettucine and cook until al dente (tender), 10 to 12 minutes or according to package directions. Drain thoroughly, reserving ¼ cup of pasta water.
4. Add Swiss chard mixture and reserved water to fettucine. Toss to mix evenly. Divide pasta onto warmed plates. Top each serving with 1 tablespoon Parmesan cheese and cracked black pepper. Serve immediately.