

Swiss Chard

Storage

Wrap loosely in paper towels and store in refrigerator drawer for up to three days.



Preparation

Wash well in cold water, trim the leaves from the stalks, then dice the stalks to desired consistency. It is best to boil chard, but you can also steam or saute it.



Nutrition

Swiss chard's vibrant colored stalks are evidence of its richness in phytonutrients.

Phytonutrients provide antioxidants that reduce inflammation and improve blood sugar regulation and the nervous system.

