



MyPlate suggests  
making half your plate  
fruits and vegetables.

<http://www.choosemyplate.gov/>

# Swiss Chard

Did you know?

Swiss chard is in season from June to August, and from October to April!

Swiss chard is an excellent source of Vitamins K and C.

Swiss chard is also a top source of Vitamin A.

## Fun Fact!

Swiss chard is very popular in Italian and French cooking!

## FIGHTBAC!

Clean: Wash hands  
and Surfaces Often

Separate: Don't  
Cross-Contaminate

Cook: Cook to Proper  
Temperatures

Chill: Refrigerate  
Promptly

<http://www.fightbac.org/>

## What am I looking for?

- Select fresh-looking bunches with bright, glossy leaves and firm stalks.
- Store Swiss chard in a plastic bag in the vegetable crisper section of the refrigerator.
- Wash the leaves well before use
- If leaves begin to yellow or show signs of decay, it's time to throw them away.

# Simple Swiss Chard

2 tablespoons extra-virgin olive oil

4 cloves garlic, minced

1 bunch Swiss chard, stalks discarded, leaves cut into wide ribbons

1/4 cup balsamic vinegar

salt and pepper to taste

Heat the olive oil in a large skillet over medium heat. Stir in the garlic and cook until tender and aromatic, about 2 minutes. Add the Swiss chard and balsamic vinegar; cook and stir until the chard is wilted and tender, about 5 minutes. Season with salt and pepper and serve.

Preparation time: 10 minutes

Cook time: 10 minutes

Serves: 2

Nutrition Facts:

Calories: 180

Total Fat: 14 g

Cholesterol: 0 mg

Sodium: 50 mg

Total Carbohydrate: 12 g

Protein: 2 g

<http://allrecipes.com>

Find these fruits and vegetables in the word search below:

Swiss Chard  
Grape Tomato

Sugar Snap Pea  
New Potato

Bell Pepper  
Summer Squash

A	C	E	D	S	R	T	D	N	P	L	E	Y
R	I	P	B	E	L	L	P	E	P	P	E	R
N	W	Z	C	O	D	M	M	E	T	L	O	C
S	X	W	B	T	S	W	O	L	E	R	V	M
U	U	A	D	Z	B	U	N	I	M	K	L	O
M	I	G	R	A	P	E	T	O	M	A	T	O
M	G	R	A	T	Y	F	B	J	Q	O	E	L
E	R	C	H	R	V	Z	M	U	E	T	R	S
R	E	P	C	L	S	F	R	E	B	A	A	D
S	T	W	S	I	O	N	L	E	V	T	H	I
Q	P	U	S	N	V	G	A	R	T	O	T	X
A	L	R	I	F	B	E	B	P	Z	P	A	V
S	W	O	W	X	V	R	T	H	I	W	A	W
H	I	C	S	D	T	R	S	L	H	E	A	Q
F	U	Y	S	Z	V	B	T	H	F	N	A	Z