

# Swiss chard

Chard can be used in any recipe calling for hearty greens, and the leaves and stems are best cooked separately.

- Rinse and remove the center stem by hand (or fold in half and cut out). Stack the de-stemmed leaves and cut into long ribbons or roughly chop.
- Wilt the leaves by adding them to warm pasta or soup.
- Use the stems similarly, but give them longer to cook: add to soups, stir-fries, or sauté with oil and garlic for simple side of greens.
- Cook rice or other grain in chicken broth, and add chopped chard and garlic. Stir in shredded chicken or ground beef for a delicious one-pot meal.
- Place unwashed chard in a plastic bag, wrap the bag tightly around the chard and refrigerate.



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