



## BENEFITS

### *It's surprising and bold!*

The leaves of Swiss chard can be prepared like spinach, making them a perfect substitute in your soups, stir-fries, gratins and many other dishes. Swiss chard can have green, red, yellow or white stems. The darker the stem, the sweeter it is!

### *It's an eco-friendly ally in your vegetable garden!*

Some gardeners use its leaves to make a tea that they spray on slow-growing or difficult plants.



## WHY EAT LOCAL?

- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that's picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.



## SWISS CHARD AND LENTIL SALAD

Portions : 3 to 4  15 min

### Ingredients

- 750 ml (3 cups) Swiss chard leaves, chopped
- 3 green onions, chopped
- 500 ml (2 cups) canned lentils, drained and rinsed
- 250 ml (1 cup) celery, thinly sliced
- 45 ml (3 tbsp) lemon juice
- 45 ml (3 tbsp) olive oil
- 1 clove garlic, chopped
- Salt and pepper to taste

### Directions

1. Mix together all the ingredients in a salad bowl.
2. Season to taste.

### Vairation

For a slightly sweeter version, add a diced apple, 60 ml (1/4 cup) dried cranberries, 10 ml (2 tsp) Dijon mustard and 10 ml (2 tsp) maple syrup.

Source: Julie Strecko, RD



### TIP!

There's no waste with Swiss chard! You can keep the stems, chop them up and sauté them in a little olive oil, garlic and lemon juice for a delicious garnish for your pasta, rice or omelettes.



## SWISS CHARD QUESADILLAS

Portions : 4  15 min  20 min

### Ingredients

- 1 onion, finely chopped
- 15 ml (1 tbsp) olive oil
- 2 gloves garlic, finely chopped
- 1.25 L (5 cups) Swiss chard leaves (remove the stem before adding)
- 45 ml (3 tbsp) crumbled feta cheese
- 60 ml (4 tbsp) grated mozzarella
- 4 large whole-wheat tortillas

### Directions

1. In a pan, sauté the onion and garlic in the oil (about 5 min). Add the Swiss chard and cook another 5 min.
2. Spread the Swiss chard mixture and the cheeses on two tortillas. Cover with the remaining two tortillas.
3. In a frying pan, cook the filled tortillas about 3 min on each side until the cheese melts and the tortillas are nicely browned.
4. Cut each quesadilla into 8 slices and serve accompanied with guacamole, tzatziki, sour cream and/or salsa.

### Variation

The Swiss chard mixture can also be added to pasta with a bit of lemon juice and zest and a touch of olive oil.

Source: Julie Strecko, RD

