

# Swiss Chard

[Denise G Dias](#)

County Extension Agent

Family & Consumer Sciences, Food & Nutrition

7001 W 21st St N, Wichita, KS 67205

316 660-0116

E-mail: [ddias@ksu.edu](mailto:ddias@ksu.edu)

[www.segwick.ksu.edu](http://www.segwick.ksu.edu)



## Warm Potato Salad with Bacon, Asparagus and Swiss Chard

(Serves 4-6)

8 medium red or yellow potatoes, or 20-25 small potatoes

1/2 cup chopped Swiss chard (spinach is a good substitute)

1 cup asparagus pieces

1/2 cup chopped cooked low-sodium bacon

1/4 cup green onions

1/2 to 3/4 cup mayonnaise

1 Tbsp balsamic vinegar

Sea salt and fresh ground pepper to taste



1. Wash hands and work area.
2. Roast potatoes at 400° for about 40 minutes for medium ones..
3. While potatoes are cooking, get out a frying pan and sauté your other ingredients. First, cook up your bacon then set aside. Drain out some of the bacon grease. Use the remaining grease to fry your asparagus pieces. Once they're almost finished (they only take 5 minutes or less if your pan is already hot).
4. Let potatoes cool off for a few minutes after coming out of the oven. Measure balsamic vinegar and mayonnaise. Start with 1/2 cup, and you can up it to 3/4 cup mayo if you feel like the potatoes are a bit dry. Chop up green onions and add them to the bowl.
5. Cut the potatoes into bite-sized pieces (about 1 inch).
6. Mix it all really well in a serving bowl, add your salt and pepper. Let sit for 5 minutes so the flavors can blend.

### Nutrition Facts:

Calories 300, Total Fat 5g  
Cholesterol 10mg, Sodium 350mg  
Carbohydrates 56g, Fiber 7g  
Protein 11g

## Pappardelle with Bacon and Gruyère

(4 servings)

- 1-1/2 pounds Swiss chard
- 2 ounces bacon
- 3 garlic cloves
- 1/2 cup fat free half & half
- 2 tsps chopped fresh sage
- 1/2 tsp black pepper
- 1/2 pound pappardelle or other wide noodles
- 1/2 cup cubed Gruyère or Swiss cheese
- 1/2 cup toasted and chopped walnuts



### Nutrition Facts:

Calories 510, Total Fat 25g  
Cholesterol 70mg, Sodium 560mg  
Carbohydrates 53g, Fiber 6g  
Protein 20g

Wash hands and work area.

In a pot of boiling water, cook chard 1 minute. Reserving water, transfer chard to a colander, squeeze out excess water and chop.

In a large skillet, heat chopped bacon over medium heat and cook until browned. Transfer to a bowl.

Reduce heat to low, add garlic and cook until fragrant. Add fat free half & half and sage and simmer. Add pepper and reserved chard, cover and remove from heat.

Return pot of water to a boil and cook pappardelle according to package instructions. Drain and add to skillet.

Over medium heat, toss pasta with sauce, Gruyère and reserved bacon until cheese starts to melt.

Divide among 4 bowls and top with walnuts.

## Farro & Swiss Chard

(2 servings)

1 cup water  
1/2 cup dry semi-pearled farro  
1/4 cup chopped onion  
1/4 cup diced Swiss chard ribs  
2 tsps minced fresh garlic  
1 tsp olive oil  
1 cup chopped Swiss chard leaves  
1 Tbsp water  
1 Tbsp golden raisins



Wash hands and work area.

**Heat:** 1 cup water and farro in a saucepan over medium heat until water boils; reduce heat and simmer until farro is tender and water nearly evaporates, about 25 minutes.

**Sauté:** onion, chard ribs, and garlic in oil in a sauté pan until tender. Stir in chard leaves, 1 Tbsp water, and raisins, cooking just until leaves begin to soften. Stir chard mixture into farro.

**Note:** *Semi-pearled farro still has some of the grain's fiber-and nutrient-rich bran intact, making it more nutritious than pearled farro.*



### Nutrition Facts:

Calories 223  
Total Fat 3g  
Cholesterol 0mg  
Sodium 305mg  
Carbohydrates 40g  
Fiber 4g  
Protein 8g

## Hot Swiss Chard Artichoke Dip

(12 servings)

1 Tbsp olive oil

1 cup finely chopped onion (about 5 ounces)

4 to 6 cloves garlic, minced

1 bunch Swiss chard (about 12 ounces), leaves and stalks separated and both chopped into small pieces

1 (14 oz) can artichoke hearts, packed in water. Drain, rinse & chop into small pieces

4 ounces fat-free cream cheese, softened ( half of an 8 oz package)

1/2 cup fat-free sour cream

1/4 cup fat-free mayonnaise

1-1/2 cups finely grated fat-free parmesan cheese (about 4 ounces)

2 teaspoons low-sodium Worcestershire sauce

Pepper to taste

Chopped scallions or chives for garnish (optional)

### Nutrition Facts:

Calories 110

Total Fat 2g

Cholesterol 5mg

Sodium 460mg

Carbohydrates 14g

Fiber 1g

Protein 10g



Wash your hands and work area.

Heat olive oil in a large pot. Add onion and chopped Swiss chard stalks and cook, stirring frequently, until soft, about 5 to 7 minutes. Add garlic and cook, stirring frequently, 2 minutes; do not let garlic brown.

Stir Swiss chard leaves and chopped artichoke hearts into onion mixture. Cover and cook, stirring occasionally, until chard is tender, about 5 minutes. (Remove lid for last few minutes of cooking if there is liquid in the pot.)

Stir cream cheese, sour cream, mayonnaise, cheese and Worcestershire sauce into Swiss chard mixture and cook 10 to 15 minutes, stirring occasionally, until dip is hot and thick. Add pepper to taste.

Serve warm, garnish with chopped scallions or chives, if desired.

## Swiss Chard and Noodle Soup with Poached Egg

(Serves 1)

2 cups good quality chicken stock  
1 egg  
1 Tbsp white or rice vinegar  
1 bunch Swiss chard, chopped (about 2 cups)  
Cooked whole wheat spaghetti  
Sea salt and pepper  
Sriracha, shredded basil (optional)



Wash your hands and work area.

In a large pot, bring chicken stock to a boil.

Reduce heat to simmer. Cover until needed.

Fill a large saucepan with 2 to 3 inches of water and vinegar and bring to a boil. Reduce the heat to a low simmer. Gently crack the egg into the simmering water.

Allow to simmer 2 to 3 minutes until the white of the egg is completely cooked but the yolk is still wet. Remove the egg with a slotted spoon and place on a paper towel until needed.

Place a large handful of Swiss chard into the bottom of the serving bowl. On top of the chard place 1/2 cup noodles. Next, pour broth over the noodles and the chard. The heat of the broth will cook the chard to perfection. Place the poached egg on top of the noodles and add a pinch of salt and pepper.

Garnish with shredded basil and Sriracha is desired.

### Nutrition Facts:

Calories	490
Total Fat	12g
Cholesterol	225mg
Sodium	1460mg
Carbohydrates	69g
Fiber	14g
Protein	33g



# Beef & Rice Stuffed Swiss Chard

(Serves 4)

- 1 small onion, diced
- 2 cloves garlic, minced or pressed
- 1 pound ground beef
- 1/4 tsp red pepper flakes
- 1/2 cup brown rice, cooked
- 1/2 cup parmesan cheese
- 1 Tbsp fresh oregano, chopped
- 1 Tbsp fresh parsley, chopped
- 1 large head Swiss chard (about 18 leaves)
- 1 jar red sauce or homemade marinara sauce
- 1 cup shredded mozzarella cheese



## Nutrition Facts:

Calories 460	Total Fat 17g
Cholesterol 90mg	Sodium 1070g
Carbohydrates 40g	Fiber 7g
Protein 35g	

Wash your hands and work area. Preheat oven to 375°. In a sauté pan over medium-low heat, spray pan with cooking spray. Once hot, add onion and cook for about 3 minutes until translucent. Add garlic, cook 1 minute more.

Add beef to pan and break up with wooden spoon. Season with pepper & red pepper flakes. Cook until beef has browned, stirring occasionally. Remove from heat, drain excess liquid from pan. Transfer to a bowl & let cool. Once cool, mix in brown rice, parmesan cheese, oregano & parsley.

While filling is cooling, prepare the Swiss chard for stuffing. Bring a large sauce pan with water to a boil. Have an ice bath ready along with a cookie sheet lined with paper towels.

Drop 2 Swiss chard leaves into the boiling water for about 15-30 seconds, removing just when the leaves have softened. Immediately plunge into an ice bath. Then, lay on paper towels. Repeat this step with all remaining leaves. Use paper towels to pat dry.

Cut the thick, hard stem away from each leaf. Place 2 Tbsps of filling into the center. Roll bottom of the leaf up & over the filling, tucking it under. Then fold in each side of the Swiss chard leaf, & finish rolling. Repeat this process with all the Swiss chard leaves.

In a large baking dish, spread about 1 cup of red sauce in a thin layer. Place the stuffed Swiss chard seam down in to the baking dish. Ladle on remaining sauce. Sprinkle shredded mozzarella on top.

Cover with foil & bake for 30-40 minutes, removing foil for last 10 minutes. Cool slightly before serving. Serve with extra parmesan cheese and sauce.

# Zuppa Toscana Soup with Swiss Chard

(4-6 servings)

1 medium onion, chopped  
12 oz Italian chopped turkey sausages (about 2-3 sausages)  
5 cups water  
2 medium size or large russet potatoes, peeled & cubed into small chunks  
4 garlic cloves, minced  
6 strips of freshly cooked low-sodium bacon, chopped  
3 cups Swiss chard (center stalks removed & sliced thin like ribbons)  
1 cup fat-free half & half  
Salt & red crushed pepper to taste

**Nutrition Facts:**

Calories 180	Total Fat 8g
Cholesterol 30mg	Sodium 430mg
Carbohydrates 17g	Fiber 2g
Protein 12g	

Wash hands and work area.

Chop uncooked sausages into small slices. Heat in a soup pot, add chopped onions & chopped sausage & cook until both onion & sausage are cooked through.

Add 5 cups of water to the pan, stir, & bring to boil.

Add potatoes (peeled & cubed into small chunks), & minced garlic. Bring to boil, then reduce to simmer. Cook until potatoes are done, about 15-20 minutes on low simmer.

For Swiss chard, make sure to remove center stalks & slice the Swiss chard leaves thin like ribbon. Then, add Swiss chard & half the bacon (reserve the remaining half for serving) to the soup pot. Add 1 cup half & half to the soup pot. Bring to hot temperature (not boil), mix well. Add salt & pepper to taste.



Serve in individual bowls, topped with the remaining amount of chopped bacon.

# Swiss Chard Taco Wraps with Cumin-Lime Sauce

(6 servings)

## ***For the Cumin-Lime Sauce:***

3 Tbsps fresh lime juice (from 1-2 large limes)  
1 tsp lime zest  
1/4 cup extra virgin olive oil  
2 scallions, minced-white & light green parts only  
1 tsp ground cumin + more if you like the heat  
1/8 tsp crushed red pepper flakes  
1 Tbsp honey

## **Nutrition Facts:**

Calories 404  
Total Fat 13.4g  
Sodium 205.9mg  
Carbohydrates 61.3g  
Fiber 10.9g  
Sugars 7.8g  
Protein 11.4g

## ***For the wraps:***

1 Tbsp olive oil  
1 (15 oz) can black beans, rinsed & drained  
2 cups fresh or frozen corn kernels  
2 cups cherry tomatoes, sliced in half  
1 small red onion, diced  
1 small bell pepper, diced  
3 cups cooked brown rice  
2 cups fresh cilantro, finely chopped  
12 Swiss chard leaves, tough stems removed

## ***Optional Extras:***

Favorite hot sauce  
Diced avocado  
Favorite shredded cheese  
A few pickled jalapeño peppers

Wash hands and work area.

Combine all of the ingredients for the dressing in a mason jar and secure it with a lid. Shake vigorously until the dressing is well combined. You can also do this with an immersion blender or food processor. Taste test and adjust seasonings if necessary.

*Continued on next page*



## Swiss Chard Taco Wraps with Cumin-Lime Sauce

*Continued from previous page)*

Heat the olive oil in a large skillet over medium heat. Add the black beans, corn, pepper, tomatoes, red onion, and pepper. Cook until just heated through. About 5-8 minutes. Toss in cooked rice and fresh cilantro, and then toss with the dressing. Season with a little salt and stir until well combined.

To assemble the tacos, scoop a healthy portion of the veggie mixture into each chard leaf and either wrap like a burrito or hold like a corn tortilla. Add a few pickled jalapeños, avocado, shredded cheese and a small dah of hot sauce, if desired.

