



Swiss Chard *Beta vulgaris*, Cicla Group

- ☉ There is no significant reason why Chard is prefaced as Swiss. It is thought to originate in Sicily and was known throughout ancient Rome and Greece.
- ☉ It is a part of the beet family and naturally grows stems in shades of red, white, and yellow.
- ☉ You can eat both the stems and the leaves. Cook stems first and then add the leaves at the end. Young tender leaves can be added to salad for color, texture, and an earthy flavor.
- ☉ Chard is high in Vitamins A, C, E, and K and a good source for magnesium, potassium, iron, calcium, and fiber. It also seems to help in the prevention of cancers of the digestive tract and may be protective of kidneys in those with diabetes.
- ☉ Store in a cool dark place and do not pack too tightly.
- ☉ To prepare: It can be boiled, steamed, or sautéed. Incorporate into stuffing or omelets, serve with pasta, potatoes, or rice. Season with raisins and pine nuts, lemon, chili flakes, fennel seeds, or smoky paprika.



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Chard Quesadillas

- 1 lb chard
 - 2 tbsp olive oil
 - 1 med onion, finely chopped
 - 3 garlic cloves, minced
 - 1 tsp chili powder
 - salt
 - 4 large tortillas
 - 2 cups cooked white or brown rice (from 2/3 cup raw rice)
 - 1 package shredded Monterey jack cheese
 - Sour cream
 - Salsa
1. Separate the leaves from the stalk of the chard. Chop the stalks finely, and slice the leaves into ½-inch strips.
 2. Heat the oil in a Dutch oven. Add the onion and chard stalks and cook, stirring occasionally, until softened and lightly browned, about 8 minutes.
 3. Add the garlic and chili powder and cook about 1 minute. Add the chard leaves and salt to taste. Cover and cook, stirring occasionally, until very tender, about 7 minutes. If the greens are soupy, remove the cover and simmer for a minute or two. Adjust the seasonings, adding more salt if necessary.
 3. Lay a tortilla in a dry skillet on medium heat. Place desired amount of shredded cheese on the tortilla and let sit a minute until cheese begins to melt. Spoon ½ cup of rice over the cheese on one half of the tortilla. Top the rice with some chard (roughly ½ cup). Flip the empty side of the tortilla to cover the filling, and then using a spatula, flip the quesadilla in the skillet. Cook for one minute, then remove. Repeat with remaining 3 tortillas.
 4. Place sour cream and salsa at the table as accompaniments to the quesadilla.

Have a question? E-mail us at washsquarecsa@yahoo.com.