

Recipe: Swiss Chard with Cannellini Beans and Caramelized Onions

INGREDIENTS

2 pounds Swiss chard
4 tablespoons olive oil
2 cups sweet onion, diced
2/3 cup dried cranberries
1/2 teaspoon salt
pepper to taste
2 15.5 ounce cans cannellini beans, drained and rinsed

METHOD

1. Wash the leaves of the Swiss chard thoroughly. Strip the leaves from the stems.
2. Roll the leaves up in small batches and slice into thin strips.
3. Heat oil in a large sauté pan and cook onions until caramelized.
4. Add the cranberries and Swiss chard to the pan and heat just until the chard is wilted. Season with salt and pepper. Stir in the cannellini beans and heat through.

Makes 8 servings

Taken from the Center for Nutrition and Healthy Food Systems

SWISS CHARD

Swiss chard is a good source of fiber. It is considered a “cruciferous” or “cross bearing” vegetable as its flowers take the shape of a cross.

In the kitchen: Quick boiling helps to free the oxalic acids that it contains and makes chard less bitter and more sweet. Try it steamed, braised with olive oil and garlic, or in soups and pastas. Use chard in place of spinach when preparing vegetarian lasagna.

In the garden: Companion: beans, broccoli, Brussel sprouts, cabbage, cauliflower, kale, kohlrabi, onions.

Competitor: gourds, melons, corn, herbs.

