

Bean & Tomato Swiss Chard

Serves: 4

For more recipes, please visit:
www.facebook.com/VaFNP

Ingredients:

- 1 bunch Swiss chard (green, red or rainbow)
- 1 tomato
- 2 tablespoons lemon juice
- 2 tablespoons olive oil
- 2 green onions, chopped
- 1/2 cup garbanzo beans
- 1/4 teaspoon salt
- Black pepper to taste

Equipment:

- Large skillet
- Cutting board
- Knife
- Measuring cups and spoons
- Stirring spoon

Directions:

1. Rinse off the chard and chop into bite-size pieces. Rinse the green onions and chop into small pieces. Rinse the tomato and slice it.
2. Heat olive oil in the pan, and add the green onions to cook for 3-5 minutes.
3. Drain the beans, and stir in to the pan. Add the chard and cook until wilted. Then, add the tomato slices, salt, and black pepper.
4. Squeeze lemon juice over the pan, and stir to mix. Serve immediately.

Nutrition Facts	
Serving Size: 1/2 cup	
Servings: 4	
Amount Per Serving	
Calories 168	Calories from Fat 72
%Daily Value*	
Total Fat 8g	13%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 220mg	9%
Potassium 454mg	13%
Total Carbohydrate 19g	6%
Dietary Fiber 5g	22%
Protein 6g	12%
Vitamin A 29%	Vitamin C 38%
Iron 14%	Calcium 5%

*Percent Daily Values are based on a 2,000 calorie diet.

Fun Nutrition Information about Swiss Chard

1. One of the nutrients in Swiss chard is alpha-glucosidase. This is important regulator of blood sugar control in our bodies.
2. It only takes three minutes to boil the leaves of Swiss chard to prepare them to eat!
3. To store Swiss chard, place it in the refrigerator in a tightly sealed bag. It is best to wash chard only right before cooking.



The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.