

Eat Smart • Move More

Swiss Chard and Cranberries

Prep Time: 5 minutes

Total Time: 20 minutes



Ingredients

- 2 tablespoons olive oil
- 1 onion, chopped
- 1 pound swiss chard, stems chopped and leaves sliced
- ¼ cup dried cranberries

Nutrition Facts

4 servings per container	
Serving size	1 serving (154.52g)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 8g	3%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes g of Added Sugars	
Protein 2g	
Vitamin D 0mcg	0%
Calcium 65mg	4%
Iron 2mg	10%
Potassium 475mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

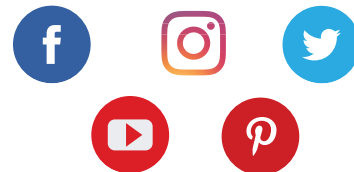
Quick Tips

- ▶ Rinse, soak, and rinse the swiss chard again to make it easier to remove all dirt and grit.
- ▶ Swiss chard is in season during the spring and fall in Virginia.
- ▶ Substitute raisins for cranberries for a different flavor.

Directions

- In a skillet, heat oil over medium heat. Add onions and cook until softened.
- Add the swiss chard stems and continue to sauté until beginning to soften.
- Increase the heat to high and add the swiss chard leaves and dried cranberries. Once the chard is wilted, turn off the heat and cover the skillet, letting it rest for a few minutes before serving. For softer greens, let them rest a little longer.

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(Recipe from: West End Farmers Market, Farmer Kris Peckman.)

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