

Swiss Chard & Onion Frittata

- 1 bunch Swiss chard
- 4 Tbs. olive oil
- 1 small yellow onion, thinly sliced
- Sea salt and freshly ground pepper
- 6 large eggs
- 4 cloves garlic, finely chopped
- 1/4 cup grated Parmesan cheese
- 1-2 pinches cayenne pepper

- Position a rack in the upper third of the oven and preheat to 350°F.
- Separate the stems from the chard leaves. Cut the chard stems slices 1/4 in thick and coarsely chop the leaves. Set aside separately.
- In a large frying pan, heat 2 tablespoons of the olive oil over medium heat. Add the onion and sauté until tender, about 6 minutes. Add the chard stems, season with salt and sauté until they start to soften, about 4 minutes. Add the chopped chard leaves and sauté until all of the chard is tender, 3-4 minutes longer. Set aside.
- In a large bowl, lightly beat the eggs with the garlic and Parmesan. Season with cayenne, salt and black pepper to taste.
- Drain the liquid from the chard, squeeze to remove any excess liquid, and stir into the egg mixture. In an 8-inch (20-cm.) ovenproof frying pan, heat the remaining 2 tablespoons olive oil over medium-high heat. Add the egg mixture, reduce the heat to medium, and cook without stirring until the eggs are set around the edges, about 5 minutes. Transfer to the oven and bake until completely set, 7-9 minutes longer. Remove from the oven and let cool briefly.

Rainbow Swiss Chard and Potato Chowder

- 1 medium onions
- 8 medium potatoes, washed & skins on
- 5 celery stalks
- 1 small acorn squash, seeds removed
- 1 bunch of Swiss chard; rainbow, red or green
- 1 can of chickpeas
- 1 liter veggie stock or 2-3 veggie cubes*
water to cover
- salt & pepper
- pinch of cayenne, to finish
- squeeze of lemon, to finish
- chives, to finish

- Separate stems from leaves. Chop stem into small pieces & tear or chop leafy bit as well.
- Chop all remaining veggies into bite size pieces.
- In a large soup pot heat cooking oil, add veggies including Swiss chard stems, leaving out the leafy bits of Swiss chard. Season with salt and pepper.
- Sweat veggies for 10-15 minutes, add veggie stock & water to cover veggies about 2 inches.
- Simmer 20-30 minutes until veggies are cooked through.
- Remove a few ladles of soup & blend until smooth in a blender. Add purée back to soup.
- Add the leafy Swiss chard to soup along with chickpeas. Wilt Swiss chard for 5-10 minutes.
- Season with salt & pepper.
- Ladle into a bowl & top with a pinch of cayenne, squeeze of lemon & a sprinkle of chives. Enjoy.

Sesame Ginger Swiss Chard Wraps

- Swiss chard leaves, or collard leaves
- 1 small purple cabbage (approximately 1 cup chopped)
- 3-4 small carrots, peeled
- 1 cup basil, packed
- 1 inch knob fresh ginger, peeled
- 1 clove garlic
- tablespoons sesame oil
- dates, pitted
- 1-2 tablespoons water
- pinch sea salt
- 1/2 small zucchini (approximately 1 cup chopped)
- 1 cup Brazil nuts
- 1 clove garlic
- 1 inch knob ginger
- 1 tablespoon sesame oil
- 1-2 dates, pitted
- pinch sea salt

1. Score the stem of large Swiss chard or collard leaves to use as the base of your wraps. This will allow you to roll up the wrap nicely. Set aside until ready to fill.

2. Slice cabbage into small cuts, peel carrots into thin strips and chop up the basil. Place all veggies into a large bowl. If you're in a hurry, simply pulse in your food processor.

3. Blend the marinade sauce ingredients. Add into the veggies and stir. Let marinate for 10 minutes to soften the veggies.

Pickled Swiss Chard Stems

1. Chop your chard stems and sprinkle them with salt. Set aside.
2. Toast the brown mustard seeds in a small saucepan for a minute or so (don't let them burn). Add the vinegars and sugar. Bring to a boil, then reduce to a simmer. Stir until the sugar is dissolved. Remove pan from heat and let the brine cool.
3. Place the chopped stems and sliced shallot in a jar, cover them with the brine and refrigerate overnight before eating them.

- about 1 cup chopped chard stems (any color)
- salt
- 2 teaspoons brown mustard seeds
- ¼ cup white wine vinegar
- ¼ cup rice vinegar
- 3 tablespoons raw cane sugar
- optional - ½ a sliced shallot
- optional - a few pink peppercorns

Swiss Chard and Garlic Scape Pesto

- 1 cup chopped garlic scapes
(If you don't have scapes use about 3-4 T minced garlic)
- 4 cups chopped swiss chard leaves
- 1/4 cup fresh lemon juice
- 1/2 cup olive oil
- 1/2 cup pine nuts
- 2 cups Parmesan cheese
- salt to taste (I used about 2 tsp. salt)

Add garlic scapes to the food processor and process until they are starting to look finely chopped, about 2-3 minutes. (It took longer than I thought it would.) Add chard and process the mixture about 2 minutes more, scraping the sides of the bowl as needed.

Add the lemon juice, olive oil, and pine nuts and process about 2 minutes more. Add Parmesan and process 1-2 minutes more, or until the pesto reaches the texture you prefer.

Moroccan Red Lentil Soup with Swiss Chard

- 2 tablespoons olive oil
- 1 medium yellow onion, diced
- 2 medium carrots, diced
- 2 large cloves garlic, minced
- 1 teaspoon ground cumin
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon red chili flakes
- 1/2 teaspoon sea salt
- One 15-ounce can diced tomatoes
- 1 cup dried split red lentils
- 2 quarts vegetable stock
- 1 bunch chard, stems removed, roughly chopped

In a large stockpot or Dutch oven, heat the oil. Sauté the onion and carrot over medium-high heat until soft and beginning to brown, 7 minutes. Add the garlic, cumin, ginger, turmeric, chili flakes, and salt. Cook one minute more. Stir in the tomatoes, scraping up any brown bits from the bottom of the pan, and cook until the liquid has reduced and the tomatoes are soft, 5 minutes.

Add the lentils and stock. Bring to a boil, then reduce the heat and simmer uncovered until the lentils are soft, 10 minutes. Fold in the chard and cook until wilted, but still vibrant, 5 more minutes. Taste for seasoning.

Serve the soup in bowls with a wedge of lemon on the side or a dollop of Greek yogurt and some crusty bread