

Swiss Chard



Swiss chard has only 35 calories per 1-cup serving. It is also, very low in fat and cholesterol free. Swiss chard is a good source of dietary fiber. It is an abundant source of vitamins A, C, E and K, along with magnesium, manganese, potassium, and iron. Swiss chard has a high content of sodium, about 13 percent of the recommended daily intake for adults.

Penne with Swiss Chard, Olives and Currants

Serves 4

Ingredients

1 medium onion, diced
2 bunches Swiss chard, ribs removed and chopped, leaves chopped
4 cloves garlic, minced
2 teaspoons fresh thyme, minced
1 pound whole-grain penne, cooked, drained (1/2 cup pasta liquid reserved)
Salt and pepper to taste
1/2 cup Kalamata or black olives, pitted and chopped
1/2 cup currants, raisins, or craisins

Directions

1. Place the onion and chard stems in a large saucepan and sauté over medium heat for 5 minutes. Add water a tablespoon at a time to keep from sticking. Add the garlic and thyme and cook for another minute.
2. Add half of the chard leaves and half the reserved pasta water and cook until the leaves begin to wilt, adding more leaves as the chard cooks down, until all the leaves are wilted, about 10 minutes. Season with salt and pepper and add the olives, currants, and cooked pasta. Toss well before serving.