Nutrition Info
One cup of Swiss chard has 35 calories.

Swiss chard provides vitamins A, C & K, potassium, iron and manganese.

Fun Facts
Spent on Spinach? Try Swiss chard! Swiss chard is similar to spinach when it comes to taste & ease of preparation.

Swiss chard stems can be many colors – look for rainbow chard at the farmers’ market with stems in a multitude of hues!

Despite its name, Swiss chard is actually native to the Mediterranean region.

Uses
Add Swiss chard to soups or stews. Remember to add the chard towards the end of cooking as the leaves should remain bright green in color.

Sauté Swiss chard with veggies and add to scrambled eggs and omelets!

Family Friendly Activities
Visit your local farmers’ market and count how many vendors have Swiss chard available for purchase.

Do a taste test sampling with spinach and Swiss chard. Choose a simple everyday recipe, such as an egg burrito. Make one burrito with spinach and the other with Swiss chard. Can you notice a difference in taste?
**Pasta & Greens**

Serves 6 (1 cup per serving)

**Ingredients:**
- 8 ounces whole wheat penne pasta
- 2 Tbsp. olive oil & vinegar salad dressing
- 4 slices bacon, cut into bite sized pieces
- ¼ cup diced red onion
- 1 cup chopped green pepper
- 1 ½ cups chopped zucchini
- 2 cups chopped Swiss chard
- ¼ cup grated parmesan cheese
- salt and pepper to taste

**Directions:**
Cook pasta according to package directions; drain and place in a large bowl. Toss pasta with dressing. Sauté bacon in a large fry pan. When bacon starts to brown add onion, pepper and zucchini; cook stirring occasionally until vegetables are crisp tender. Add chard and cook 1 minute or until chard starts to wilt. Add vegetable mixture to pasta; stir until combined. Top with parmesan and season with salt and pepper.

For more information on Farm2School & Foot Steps to Health visit www.GetActiveLaCrosse.org