

Rainbow Chard

Rainbow chard is a combination of Swiss chard, red chard, and golden chard; this combination makes it rich in different flavors. Like the Swiss chard, it is very healthy. It is high in vitamin K, vitamin A, vitamin C, and magnesium.

SIMILAR TO

Rainbow chard leaves are like spinach, kale, and beet leaves. The stalks are similar to celery; they can be cooked and eaten if they are not too tough, but usually are not.

HOW TO USE

Like Swiss Chard, Rainbow Chard can be cooked in various ways. They can be eaten raw, pan-fried with oil or butter, used in a stir fry, or cooked in an omelet and/or soup. Before eating, the leaves should be washed and the stalks can be cut off.



Image Credit: Johnny's Selected Seed



Image Credit: Kitrusy

A RECIPE TO TRY:

Sautéed Rainbow Chard *from kitrusy.com*

Takes 20 minutes. Serves 4.

INGREDIENTS

8 stalks of rainbow chard
Garlic
Extra light cooking oil
Salt (to taste)
Pepper (to taste)

1. Rinse chard leaves under cool running water. Separate leaves from stems. Chop both the leaves and the stems into small, bite-sized pieces.
2. Add oil and garlic to a heated pan on the stovetop; place it on medium heat.
3. When the garlic is fragrant, add the chopped stems into the pan to soften them.
4. Add the chopped leaves and mix in the pan.
5. Allow to cook for a few minutes and season with salt and pepper.