



GIVE SWISS chard A TRY

When it comes to leafy greens, spinach and kale get most of the attention. But leafy greens are so nutritious. Why limit yourself to just two types?

Swiss chard has less bitterness than kale, and offers plenty of important nutrients. Plus, this time of year, swiss chard is plentiful at farmers' markets or the local grocery store. It can be used like any greens:

- Raw in a salad
- Sautéed or steamed
- Added to pasta and soups

Here's more about swiss chard's nutritional benefits:

- Rich in magnesium, potassium, vitamin A, vitamin C, several B vitamins and iron.
- One cup (chopped) contains more than 700 percent of your recommended daily intake of vitamin K, which is needed for bone health and blood clotting.
- Each cup contains only 35 calories and nearly 4 grams of fiber. Talk about a low-calorie and nutritious punch!

Source: USDA Nutrient Database