

SAUTEED CHARD WITH ORANGES & SHALLOTS

INGREDIENTS

- 1 LB OF SWISS CHARD, TRIMMED
- 2 TBSP. OLIVE OIL
- 2 SHALLOTS, HALVED AND SLICED
- 2 TBSP. SUGAR
- 1 SMALL ORANGE OR TANGERINE, SEEDED AND COARSELY CHOPPED
- 2 TBSP. SHERRY VINEGAR



SWISS CHARD

OREGANO



ZUCCHINI

DIRECTIONS

1. REMOVE THE STEMS FROM THE LEAVES. CHOP STEMS AND SET ASIDE FROM LEAVES. CUT THE LEAVES TO DESIRED SIZE AND SET ASIDE.
2. ADD OIL TO SKILLET AND HEAT OVER MEDIUM. ONCE OIL IS HOT, ADD SHALLOTS AND SUGAR. COOK FOR ABOUT 1 MINUTE AND ADD ORANGE PIECES. HEAT MAY NEED TO BE ADJUSTED TO LOWER SETTING. COOK FOR ABOUT 10 MINUTES, STIRRING OFTEN, UNTIL CARMELIZED. ADD VINEGAR AND STIR TO COMBINE.
3. RESET HEAT TO MEDIUM, ADD SWISS CHARD STEMS, AND STIR. CONTINUE STIRRING AND COOK UNTIL STEMS ARE SOFTENED, ABOUT 2 MINUTES. NEXT, ADD CHARD LEAVES, COVER SKILLET, AND REMOVE FROM HEAT. ALLOW LEAVES TO STEAM FOR ABOUT 2 MINUTES. UNCOVER AND STIR. MAY RECOVER AND ALLOW TO SIT FOR A FEW MINUTES. SEASON AS DESIRED WITH SALT AND PEPPER.

RECIPE REFERENCE:
BITTMAN, M. (2019). HOW TO COOK EVERYTHING. HOUGHTON
MIFFLIN HARCOURT PUBLISHING COMPANY.

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FEATURED SPECIALTY CROP NUTRITION EDUCATION



PEPPERS



EGGPLANT



NUTRITION

These vegetables (as shown on the front page) are:

- Very low in Calories, sodium, fat, and cholesterol.
- Rich in vitamin C. Swiss chard and peppers are rich in vitamin A. Swiss chard is also rich in vitamin K.
- A good source of potassium and dietary fiber.



MEAL PLANNING IDEAS

BREAKFAST

SAUTE VEGETABLES FOR: - Omelet - Skillet scramble - Breakfast hash - Crust less quiche (use muffin tin for minis) - Grain bowl - Breakfast wrap OR sandwich

Breakfast Smoothie: Add swiss chard to a smoothie

LUNCH & DINNER

ADD VEGETABLES TO: -Soups - Stews - Curries - Pastas - Grain bowls - Salads - Pizza

- Use peppers, zucchini and eggplant for "**stuffed**" recipes. Stuff with rice/quinoa/corn/black beans.
- Use all vegetables for **ratatouille** or add to a **shakshouka** recipe.
- Save time by washing and cutting vegetables upon returning home from shopping. Create your own veggie tray.

PREPARATION METHODS

PUREE

Consider roasting and pureeing eggplant and red peppers. Add the puree to dips, spreads, sauces, dressings, or soups. Examples include: roasted red pepper hummus or baba ghanoush.

SAUTE OR STIR FRY

For quick preparation, each vegetable can be sautéed or incorporated in a stir fry with a small amount of oil.

ROAST

Eggplant, peppers, and zucchini can be roasted with olive oil, salt, pepper or other favorite seasonings. Roast at a temperature between 400-425 degrees Fahrenheit. Time will depend on vegetable and size of pieces. Add roasted pieces of vegetables to salads, sandwiches, pizza, pasta.

GRILL

Another quick method and great way to keep your kitchen cool this summer is to consider grilling. Lightly brush eggplant, peppers, or zucchini with oil and grill. Time will vary for each vegetable.

SPIRALIZE

For a low-carbohydrate alternative to pasta consider spiralized zucchini.

BAKED in PARCHMENT

Consider baking vegetables (@ 375 F) with a little olive oil and favorite seasonings and herbs for about 20-30 minutes depending on vegetables and size of pieces.

FREEZE

Blanch vegetable for about 2 minutes and move to an ice bath. Pat vegetable dry and move to freezer-safe container or bag and label. For Oregano, wash, dry, and finely chop. Use an ice cube tray by placing chopped oregano to about 2/3 or 3/4 of slot then add olive oil and freeze. Once frozen move pieces to a freezer bag and label.