

Swiss chard wraps

Recipe created by: Kate Yarrow & Abigail Cosper, Quantity Foods Sp 23

INGREDIENTS

- 1 packet thin glass rice noodles
- 6 Swiss chards
- 1/4 small head of cabbage, julienned
- 1 large carrot, julienned
- 1 cucumber, julienned
- 1 tsp finely chopped, chili pepper
- 3/8 cup rice vinegar
- 2 Tbsp water
- 1/2 tsp sugar
- 1 pinch salt

DIRECTIONS

1. Prepare the thin rice noodles following the package instructions.
2. Cut the stems of the Swiss chard leaves.
3. In a large pan, bring water to the boil, place the leaves in there, and blanch for 20-30 sec.
4. Remove the leaves, gently rinse them with cold water and dry thoroughly with paper towels.
5. Lay the Swiss chard leaves and neatly place all of the sliced ingredients and rice noodles. Fold in the edges and roll tightly.
6. Combine remaining ingredients to create a sweet and sour dressing.
7. Drizzle dressing on wraps and serve.



FUN FACT

Swiss chard isn't actually native to Switzerland. A Swiss botanist named Koch determined the plant's scientific name in the 19th century, and since then, the vegetable's name has honored his homeland.



FIND MORE
HERE:



Not-so-Swiss chard

WHAT IS SWISS CHARD?

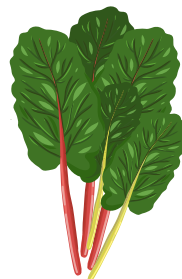
- Swiss chard is a green leafy vegetable, with green, shiny and ribbed leaves and white stems.
- Swiss chard has a slightly bitter taste. It tastes similar to spinach but not as strong.

GARDENING, SHOPPING & PREPARATION TIPS

- Swiss chard is popular home-garden vegetable because it is easy to grow, in cool and warm climates, with moderate sunlight.
- Swiss chard can be picked when the leaves are young and tender and eaten raw in salads.
- Or, they can be picked after they mature and are larger with tougher stems.
- Cooking mature Swiss chard helps fade the bitterness.
- Mature Swiss chard can be stir-fried, added to soups, or stuffed.

NUTRITION FACTS

- The leaves of Swiss chard are more nutritious than the center stem.
- Swiss chard is extremely rich in dietary fiber, vitamins K, A and C.



Rainbow chard

- "Rainbow Chard" is a mixture of red, green and yellow stem chard.
- It is also referred to as bright lights.

