# Fresh Rainbow Swiss Chard

**Hartford Public Schools, FCNS - 2017**

**Grade:** K-12  
**Yield:** 25 or 50 portions

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>25 SERVINGS</th>
<th></th>
<th>50 SERVINGS</th>
<th></th>
<th>DIRECTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>WEIGHT</td>
<td>MEASURE</td>
<td>WEIGHT</td>
<td>MEASURE</td>
<td></td>
</tr>
<tr>
<td>Rainbow swiss chard, partly</td>
<td>8 #</td>
<td>12 heads</td>
<td>16 #</td>
<td>24 heads</td>
<td></td>
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<tr>
<td>trimmed, cleaned</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Onions</td>
<td>6 oz</td>
<td>1 each</td>
<td>12 oz</td>
<td>2 each</td>
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<tr>
<td>Garlic</td>
<td>2 Tbsp</td>
<td></td>
<td>4 Tbsp</td>
<td></td>
<td></td>
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<tr>
<td>Olive oil</td>
<td>1/3 cup</td>
<td></td>
<td>2/3 cup</td>
<td></td>
<td></td>
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<tr>
<td>Black pepper</td>
<td></td>
<td>To taste</td>
<td></td>
<td>To taste</td>
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</tr>
</tbody>
</table>

**Directions:**
1. Sanitize work area with bleach & water solution.
2. Wash hands.
3. Put on food service gloves.

**Cooking Methods:**
1. Cut stems off of leaves of swiss chard and chop.
2. Clean and slice onions.
3. Place stems along with onion and garlic into 1/3 cup oil. Roast on sheet pan for 10 minutes at 350°F.
4. Slice leaves lengthwise first, and then cut leaves into smaller pieces.
5. Place 8 lbs fresh cleaned swiss chard leaves in a 4” hotel pan.
6. Cover and steam swiss chard until tender - approximately 3 min.
7. Add the cooked stems, onion and olive oil into the steamed swiss chard.
8. Add black pepper to taste.

**Serving Size:** ½ cup - 4 oz perforated spoodle

**Meal Contribution:** ½ cup Dark Leafy Green

**Notes:** 1 lb fresh, partly trimmed Swiss Chard yields 6.3 - ½ cup portions cooked vegetable. **Small Onion weighs approx. 4 oz. & yields ½ cup diced onion.

**HACCP/Serving Instructions**
1. Hold at 140°F or higher throughout serving. Check temperature again during serving. If below 140°F, remove from line and reheat to 165°F.
2. Note: Discard unused cooked product.

*Recipe and Meal Contribution Review completed by Put Local on Your Tray.*

*SFAs must check the crediting information for accuracy prior to including the item in reimbursable meals.*