



www.energizehealthclub.com.au

# Food of the Month

## February: Swiss Chard

- ◆ Swiss chard is not only one of the most popular vegetables along the Mediterranean but it is one of the most nutritious vegetables around and ranks second only to spinach following analysis of the total nutrient-richness of the World's Healthiest vegetables .
- ◆ Multiple studies on animals have shown that chard has unique benefits for blood sugar regulation. In addition, chard may provide special benefits in the diets of individuals diagnosed with diabetes.
- ◆ In addition to its syringic acid, chard contains a very good amount of fibre (over 3.5 grams per cooked cup) and a very good amount of protein (once again, nearly 3.5 grams per cooked cup). Fibre and protein-rich foods are an excellent way to help stabilize blood sugar levels, since they help regulate the speed of digestion and keep food moving at the right pace through our digestive tract.
- ◆ As an excellent source of vitamin C, vitamin E, vitamin A (in the form of beta-carotene) and the mineral manganese, and a good source of the mineral zinc, Swiss chard offers an outstanding variety of conventional antioxidants
- ◆ With its very good supply of calcium and its excellent supply of magnesium and vitamin K, chard provides standout bone support.

### Nutritional Information: per 100g Swiss Chard

Calories	19
Protein	1.8g
Carbohydrate	3.7g
Fat Total	0.2g



### RECIPE:

#### Lemon Garlic Swiss Chard

- 1 tablespoon extra-virgin olive oil
- 1 tablespoon minced garlic
- 12 cups Swiss Chard
- 2 tablespoons water
- 1 1/2 teaspoons fresh lemon juice
- 1/8 teaspoon fresh ground black pepper
- 4 teaspoons fresh shaved parmesan

#### Directions

Heat a large skillet over medium-high heat. Add oil to pan; swirl to coat. Add garlic; sauté 2 minutes or until garlic begins to brown. Add Swiss chard and 2 tablespoons water to pan; cook 3 minutes or until chard wilts. Stir in lemon juice and pepper. Sprinkle with cheese.

Serve alongside grilled fish or chicken.