

# SPOTLIGHT ON PRODUCE

## WHAT AM I?

Rainbow Chard is essentially a beet without the root. It features large leaves and colorful stalks.



**RAINBOW CHARD**

## HOW TO PREPARE?

You can cook chard leaves similar to how you would cook collard greens, and the stalks like you would asparagus. Remember: steam or sauté, don't boil (unless you want to lose all flavor!). The leaves can also be consumed raw in a salad!

## NUTRITION FACTS

Rainbow Chard is a great source of vitamin A and high in iron.

## FUN FACT

Rainbow Chard contains the compound betalain which gives its stalks the beautiful colors, but also serves to protect the plant from UV rays and attract bees for pollination.