

# Swiss Chard With Nested Eggs

By Quying Danzeng, Food Sciences and Nutrition Major, UW Farm  
Nutrition Education Intern

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Photo by Quying "Tenzin" Danzeng

In this week's CSA box, we have Swiss Chard as a produce item. As an international

student, I have never seen Swiss chard in the past, and one interesting fact that I learned from our farm manager, Perry, is that Swiss chard has higher nutritional value than Kales and spinach. The vibrant color of the Swiss chard not only provides the essential nutrients we need in our body, it also has a natural pigmentation that could be used in different types of dishes and cuisines. I was able to accomplish this recipe because I had the proper tools. This dish called for standard kitchen equipment, for instance: chef's knife and cutting board. One very essential tool in the making of this tool is a skillet or any other pan that could go in the oven. Because we have to put the pan in the oven, the material of the skillet in this case is cast iron, which makes it able to go into the oven. I used a food processor to shred the Swiss chard into smaller pieces, however you could also just chop it into the preferred size.

## Ingredients

- 1 egg
- 2 tablespoons of olive oil
- 4 Swiss chard
- 1/2 teaspoon salt and black pepper

## Instructions

1. Heat the oven to 400 degrees Fahrenheit. Use a clean paper towel to dab the 2 tablespoons of olive oil, and brush/smear them evenly on a skillet or any pan that could be put in the oven. Make sure the oil is covered both on the inside wall and the bottom of the pan/skillet.
2. Use a food processor or blender to shred the rainbow colors Swiss chard stems into smaller pieces. You could blend each color of the Swiss chard stem separately like I did in the photo below. Or you could also blend them all together. If you do not have access to a processor or blender, you may use a knife to cut up the swiss chard.
3. After the stems of the Swiss chard have been shredded, you shred the leaves and put them all on the skillet or pan of choice.
4. Crack one egg in the middle of the skillet, and put the skillet in the oven for 10 minutes.

5. After 10 minutes, sprinkle the salt and the pepper evenly on the dish and there you have a delicious and nutritious meal. You leave the nested egg for a longer time or shorter time in the oven depending on how hard you want your egg to be cooked.

### Ingredients and substitution:

For the choice of protein, there are plenty of options to choose from: ground beef, ground pork, shrimp, bacon strip, etc. If you are vegetarian, you could also choose from a variety of vegetables: mushroom, cherry tomato, onion, bell pepper, etc.