Swiss Chard Salad

**Total time:** 10 minutes  
**Yield:** 6 servings

**Ingredients:**
- 1 bunch rainbow chard
- 5 scallions, green and white parts, chopped
- 5 radishes, sliced
- 2 tablespoons extra virgin olive oil
- 2 tablespoons balsamic vinegar (thick, sweet)
- 1/2 teaspoon sea salt
- 1/2 teaspoon black pepper, ground
- 1/3 cup dried cranberries
- 1/3 cup walnuts, chopped and toasted

**Directions:**
1. Wash the chard in a large bowl or cold water. Dry thoroughly. Remove the stems. Cut leaves into 1 inch pieces. Slice stems in half then into 1/2 inch pieces.
2. In a large bowl, combine the chard, scallions, and radishes.
3. In a small bowl, whisk together the EVOO, balsamic vinegar, salt, and pepper. Pour dressing over the greens and massage gently with your hands for about 30 seconds to wilt the chard.

**Notes:**
- If you’d like, add ¼ cup feta cheese right before serving.
- Because this salad is dressed, it doesn’t store well. Wait to dress the salad until right before serving and try to make the quantity that will be eaten right away.

**Nutrition Information:**
*Recipe serves 6. Per serving: 92 calories, 9g total fat, 1g saturated fat, 0mg cholesterol, 160mg sodium, 96mg potassium, 2.5g total carbohydrates, 1g fiber, 2g protein, 3% DV Vitamin A, 8% Vitamin C, 2% DV calcium, 3% iron.*