

Leafy Greens Four Ways

Spring 2016

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.
4. Gently toss in the cranberries and toasted walnuts. Serve immediately.

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.

Recipe adapted from: <http://www.erinharner.com/whole-food-recipes/swiss-chard-salad-with-cranberries-and-walnuts/>

