

Swiss chard Salad

Ingredients:

- 1 bunch Swiss chard
- 1/2 cup extra virgin olive oil
- 1 1/2 cup fresh breadcrumbs
- 1 clove garlic, minced
- 1 lemon
- 3/4 cup grated parmesan cheese
- Sea salt to taste
- Crushed red pepper flakes, optional

Directions:

1. Wash and dry the chard and remove the stems from the leaves. Cut into thin ribbons. Place in a large salad bowl.
2. Warm 1/4 cup oil in a skillet, add breadcrumbs stirring frequently until crisp. Stir in garlic, salt, and pepper flakes. Toast for a minuet. Remove from heat.
3. Zest lemon into the bowl of chard. Juice lemon in a separate bowl . Add salt and 1/4 cup of oil.
4. Add the parmesan cheese, dressing, and breadcrumbs to the chard. Enjoy!

Recipe adapted from <https://alexandracooks.com/2014/08/07/swiss-chard-salad-with-lemon-parmesan-breadcrumbs/>

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The
Farm

Saint Joseph Mercy Health System

This salad is light,
lemony, and
refreshing! Chard has
never tastes so
summery!

Prep time: 20 min

Total time: 6 min

Servings: 2

