

SWISS CHARD



Raw Bitter Greens Salad

INGREDIENTS

- One bunch Curly Kale
- One bunch Chard
- 2-3 Cloves Fresh Garlic
- 1 Large lemon (juiced)
- 2 Tsp Soy Sauce or Amino Acids
- 2 Tbsp Olive Oil

PEAK SEASON

May–September

DIRECTIONS

- 1** Rinse greens and tear the leaves off the stems. (Set stems aside for munching later.)
- 2** Squeeze lemon juice on greens and half a tablespoon of salt. Massage with hands or wooden spoon and let sit and soak up juice.
- 3** Mince 2-3 cloves of garlic and add to the mix.
- 4** Add soy sauce, oil, and the rest of the salt. Continue to massage with wooden spoon and the salad only gets better the longer the greens soak!
- 5** Add fried tempeh or tofu if you like.

Nutrition tip:

*Fresh garlic is great for your immune system!
Massaging your greens reduces the bitterness,
making it more palatable.*

*Recipe provided by
Christiana Beckley*

