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