

# SWISS CHARD SALAD

**Servings: 4**

**Time: 15 Mins**

1. Trim stems from 2 bunches Swiss Chard.
2. Layer leaves and roll into tight cylinder and cut into  $\frac{1}{4}$ " pieces.
3. In large bowl add 3 tablespoons olive oil, 1 tablespoon of red wine vinegar, 2 teaspoons lemon juice, 2 teaspoons maple syrup and a pinch of salt & pepper.
4. Toss cut up leaves in bowl with 1 cup diced cucumber, 1 cup of sliced beets and  $\frac{1}{4}$  cup black or yellow raisins and coat with dressing.
5. Chill 15 minutes in refrigerator before serving.

