

Rainbow Chard Salad with a Tahini Lemon Dressing

Ingredients

1 bunch of rainbow chard
2 teaspoons olive oil
1 large garlic clove, smashed
2 tablespoons of either: water, stock, or white wine
2 tablespoons tahini
½ cup full fat Greek yogurt
½ lemon, juiced
½ teaspoon cumin
2 teaspoons black sesame seeds
Salt and pepper to taste.

Makes 4 servings
Culinary Medicine, Nutrition Services

Instructions

1. Rinse chard, chop coarsely, and set aside in colander to drain.
2. In a cold high sided sauté pan, place olive oil and smashed clove of garlic. Start pan under medium heat.
3. Once oil and garlic have started heating, add your Swiss chard and sauté for 2 minutes.
4. Add 2 tablespoons water, stock or white wine.
5. Season with salt and pepper. Cover and let steam for 3 to 4 minutes.
6. Once Chard is cooked place in a bowl to cool.
7. In a separate bowl place tahini, lemon juice, Greek yogurt, cumin, salt and pepper and mix well.
8. Drizzle dressing over cooled chard and garnish with black sesame seeds.



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