

# Spring Swiss Chard Salad

## Ingredients

- 1-2 bunches of Swiss chard
- ½ cup thinly sliced shallots/onions
- ½ cup dried sweet cranberries or raisins
- ¼ cup dressing - you can make your own! See below.

**Nutrition Tip:** Swiss chard is high in vitamin A, vitamin C and vitamin K! Add a protein and starch to these greens for a balanced meal.



## Directions

Wash Swiss chard. Remove and save stems and center ribs of Swiss chard. Cut leaves in half (down the middle where the stem was). Stack leaves and chop into ribbons. Take stems of Swiss chard and cut into small, thin slices since the stem can be tough. Put content into large mixing bowl and set aside.

Peel and wash shallots or onion. Thinly slice the shallots. Add to bowl, along with dried cranberries and salad dressing. Mix together and you are ready to eat!

### ***Optional: Salad Dressing Ingredients***

- ¼ cup balsamic vinegar
- 2 tablespoon sugar or honey
- ½ cup olive oil

*Directions:* Using a whisk or fork, mix together balsamic vinegar and honey together in a small bowl or medium jar. While mixing ingredients, slowly pour olive oil into mixture. Whisk until ingredients come together. Ready for salads! If not using immediately, may store in refrigerator for 2 weeks. Mix well before using.

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