

Massaged Chard Salad with Flax, Pumpkin Seeds and Golden Raisins

Ingredients

- One bunch of chard
- 1 TBSP. olive oil
- 1 tsp. lemon juice
- ¼ tsp. salt
- 1 tsp. flax meal
- 1 TBSP. pumpkin seeds
- 1 TBSP. golden raisins

Steps

1. Wash the chard, and chop off the stems and discard. Chop the leaves into bite-sized pieces and place in a large bowl along with the olive oil, lemon juice and salt. Massage the chard for around 60 seconds, until the chard looks brighter and feels somewhat softer.
2. Add the flax, pumpkin seeds and golden raisins to the massaged chard salad and toss well before serving.

