

# Rainbow Slaw: Swiss Chard Stem Recipe

## Ingredients

- 1 large bunch of Swiss chard, stems only
- ½ small purple onion
- 1 medium granny smith apple
- 1 large bell pepper
- ¼ cup [parsley, finely chopped
- 1/3 cup walnuts, toasted

## For the Dressing:

- ¼ cup olive oil
- 2 tbsp. apple cider vinegar
- 1 clove garlic
- 1 tsp. maple syrup
- 1 tsp. nutritional yeast
- ½ tsp. dried dill
- Salt and pepper, to taste

## Steps

1. Remove the stems from the chard, and slice into small pieces. Thinner stalks can be cut down the length, thicker stalks should be cut in half or quarters before slicing into small pieces. Dice the onion. Cut the apples into small pieces. Remove the core and seeds from the bell pepper and chop into small pieces. Roughly chop your parsley. Toast your walnuts in a small skillet, and then chop or crush them into small pieces. Add all the salad ingredients to a large mixing bowl, and toss.

2. Mince the garlic for the dressing. Add all of the ingredients for the dressing to a jar, and shake well to combine. Alternatively, you can use an immersion blender to get it creamy quickly. Top the salad with the dressing, toss, and serve.

