

Rainbow Kale & Chard Salad

Ingredients:

- Kale, ½ bunch
- Chard, ½ bunch
- Wild rice, 1 cup uncooked
- Olive oil, ½ cup
- Lemon juice, ½ cup
- Garlic, 2 cloves
- Red bell pepper, 1
- Fennel bulb, 1
- Red onion, ¼ cup
- Parsley, ¼ cup
- Salt and pepper, to taste

Method:

- Boil 3 cups of salted water and add the rice. Cover and simmer on low until the water is absorbed, about 60 minutes.
- Mix oil, lemon juice, garlic, salt and pepper and add to rice, when cooled.
- Clean kale and chard, remove stems and cut into ribbons. Chop red pepper, fennel, red onion and parsley. Add to rice.

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