

## Rainbow chard, Apple and Candied Walnut Salad with Green Goddess Dressing

Recipe by Danielle Premo

A burst of fall flavors and vibrant colors topped with a tangy rich dressing. Served warm with crunchy candied walnuts. Oh so satisfying and nutritionally dense!

Preparation time: 25 minutes

Serves 4 to 6

### Ingredients

#### Salad:

¼ cup dried cranberries  
2 bunches Rainbow Chard  
½ cup red onions  
2 large red apples  
1 large celery stalk  
1 tablespoon coconut oil  
¼ teaspoon salt

#### Garnish:

½ cup candied walnuts

#### Dressing:

¼ cup tahini  
¼ cup water  
1 garlic clove  
1 avocado, pitted and skinned  
¼ cup fresh parsley, chopped  
¼ cup green onions, chopped  
½ teaspoon salt  
1 teaspoon tamari  
2 tablespoons fresh lemon juice  
2 tablespoons apple cider vinegar  
1 teaspoon honey

### Directions

1. Place the dried cranberries in a bowl and cover with hot water. Let soak to soften while preparing the salad ingredients.
2. De-stem the chard. Thinly slice the stems then chop the chard leaves into bite size pieces. Core and thinly slice the apples. Thinly chop the celery stalk.
3. Heat a deep skillet (that has a lid) on medium. Add the coconut oil, red onions, ¼ teaspoon salt. Stir and cook for 3 to 5 minutes. Drain the cranberries, but reserve the hot water they were soaking in. Set cranberries aside and use the water for adding to the pan if the onions stick. Then add the chard stems, apples, celery and cook for two more minutes. Continue adding the cranberry water as needed (but don't let to liquid accumulate in the bottom of the pan).
4. Add the cranberries and chard leaves to the pan. Stir two tablespoons of the cranberry water in, and then cover the skillet with a lid. Let cook about 5 minutes until the chard is tender, remove lid and let the excess liquid boil off. (Use the cranberry water as needed to prevent sticking, but in small amounts as you go. This will help keep the chard from getting mushy while still lightly cooking it).
5. Blend all of the ingredients for the salad dressing in a food processor. Place the chard mixture into bowls, drizzle with the green goddess dressing and top with a sprinkle of candied walnuts. Yum!