

## SWISS CHARD TZATZIKI SALAD - with Herb-Yogurt Dressing

Swiss chard, leaves and stems  
- could also use Silverbeet, Rainbow chard or Fordhook Giant  
labneh (Greek-style strained yogurt)  
garlic, finely minced  
fresh mint leaves, finely cut  
fresh parsley leaves, finely cut  
dried mint  
a pinch of red Aleppo pepper, ground  
black pepper  
Himalayan rock salt  
a drizzle of olive oil

Prepare chard. Trim off any bruised and brown parts then triple wash greens first under running water, second in salted water and lastly in plain water. Separate leaves from bottom stem and cut into large square pieces. Dice chard stems into even sized cubes.

\* one-pound Swiss chard makes about 2 cups cooked greens

Bring a large pot of salted water to a boil. Add Swiss chard stems, bring to a gentle boil and cook for 2-to-3 minutes. Add leafy greens and blanch for no longer than a minute or two, until leaves just begin to wilt. Rinse with cold water and drain thoroughly. Cool to room temperature at this point greens can be stored in the refrigerator for up to 3 days.

Prepare salad. Gently toss chard with labneh and remaining ingredients. Serve chilled.