

"Farm Fresh Recipes"



Extension

SMB Colorado Master GardenersSM and The Norwood Farm and Craft Market



Swiss Chard Slaw with Creamy Avocado Dressing

Ingredients:

- 1/4 cup very thinly sliced red onion (from about 1/4 medium onion)
- 1 tablespoon Mexican hot sauce
- 1 medium bunch Swiss chard (about 8 ounces), preferably rainbow
- 1 large or 2 small carrots
- 1 medium avocado
- 1/2 cup packed fresh cilantro
- 1/4 cup vegetable oil
- 2 tablespoons lime juice
- 1 tablespoon water
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt
- Black pepper
- 1/4 cup roasted pumpkin seeds, plus more for serving

Directions:

Place the onion and hot sauce in a large bowl and toss to combine; set aside while you make the salad and dressing.

Cut and remove the stems of the chard. Stack the leaves and thinly slice crosswise into ribbons. Transfer to the bowl with the onions (do not mix). Peel and grate the carrot on the large holes of a box grater and add to the bowl of chard and onions; set aside.

Scoop the flesh of the avocado into a blender. Add the lime juice, cilantro, oil, water, cumin, and 1/4 teaspoon of the salt. Season with pepper, and blend until smooth. Taste and add more seasonings or lime juice as needed.

Transfer the dressing into the bowl of Swiss chard and add the pumpkin seeds and remaining 1/4 teaspoon salt. Mix and top with remaining pumpkin seeds.

Recipe from <http://www.thekitchn.com/>

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