



A PROGRAM OF NATIVIDAD

Swiss Chard with Tahini Salad

THE SALAD

- 1 bunch fresh Swiss chard
- 1 large bunch fresh flat-leaf parsley, chopped

THE DRESSING

- 1 small clove garlic, crushed
- ½ teaspoon salt
- ½ cup well-stirred tahini
- Juice of 1 lemon
- Pinch of cayenne

DIRECTIONS

1. Wash the Swiss chard; cut off and discard stems. Finely chop the leaves.
2. Bring 1 cup of water to a boil in a large deep-sided skillet or pot. Add the leaves, cover, and simmer gently for 2 minutes. Remove from the heat and keep covered for another 2 minutes. Drain, pressing out excess liquid.
3. Transfer the wilted chard to a salad bowl. Toss in the parsley.
4. To make the dressing, mix the garlic, salt, tahini, lemon juice, and cayenne together in a small bowl.
5. Drizzle the tahini sauce over the greens, then toss to coat.
6. Serve warm, at room temperature, or chilled as a compliment to meat or fish.

