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Chard Salad with Carrots, Beets and Sunflower Seeds

By Kathy and Tracee

Are you skeptical about eating chard in its raw state? Once you taste this delicious salad, you will fall in love with chard's earthy, salty and tangy flavor. Our Chard Salad with Carrots, Beets and Sunflower Seeds isn't just pretty, but it has a juicy crunch that is exploding with vitamins, minerals, antioxidants and fiber.

Chard Salad with Carrots, Beets and Sunflower Seeds

Filled with colorful vegetables, crunchy sunflower seeds and a flavorful dressing, this salad is so healthy, you will want to make it all year round. Perfect for an easy take-to-work lunch, a quick dinner option, or a fun party dish, this chard salad is even sturdy enough for leftovers the next day.

Move over kale, there is a new super green that packs a sweet, vibrant and crisp bite of health in every velvety green bite!

Servings 6 servings

Ingredients

- 6 cups swiss chard, raw (about 2 bunches), chopped and rinsed
- 1 cup carrots, peeled and spiralized or grated
- 1 beet (approx. 1/2 cup), peeled and spiralized or grated
- 1/4 cup red onion, chopped
- 1/3 cup olive oil

- 2 tbsp apple cider vinegar
- 1/4 tsp sorghum syrup
- 1/4 tsp salt
- 1/4 cup sunflower seeds

Instructions

1. In a large mixing bowl, add chard, carrots, beet, and red onion, and toss to combine. Set aside.
2. In a small bowl, whisk together olive oil, apple cider vinegar, sorghum syrup and salt until emulsified. Pour dressing over the vegetables, and toss together until combined.
3. Let vegetables marinate at room temperature for at least 45 minutes to 1 hour to soften the chard and beets.
4. Sprinkle with sunflower seeds and serve.

About the author...

Meet Kathy and Tracee



Triad to Wellness is a lifestyle brand dedicated to inspiring you to be at your best health by: Eating well, Moving more, and Living Better. Our core philosophy at Triad to Wellness centers around a holistic and integrative health approach. We practice a variety of therapies including nutrient-dense whole foods, supplementation, exercise, and mind body modalities to create your best health. We practice an integrative approach of Western medicine + alternative medicine to create a planned focus on prevention. This philosophy is built on a lot of science-based research and a lot of passion! www.triadtowellness.com

