



# Recipes

## Leafy Greens

### Swiss Chard and Tofu

*Prep Time: 10 minutes*

*Cooking Time: None*

*Yield: 6 servings*

#### **Ingredients:**

- 1 bunch rainbow swiss chard, finely chopped
- 1/2 package baked tofu, cut into bite-size cubes
- 2 cups red cabbage, shredded coarsely
- 2-3 carrots, grated
- 1 cup toasted walnuts

#### Dressing:

- 2-3 cloves garlic (pressed or chopped)
- 1/4 cup rice vinegar
- 1/2 cup walnut oil
- 2 tablespoons roasted sesame oil

#### **Directions:**

1. Cut off stems of the Swiss chard and chop leaves by rolling the chard into a tube and slice them, creating small strips.
2. Combine chard, tofu, cabbage, carrots and walnuts into a large bowl.
3. Blend all dressing ingredients and mix well.
4. Drizzle salad with dressing and mix well.

#### **Note:**

Dressing will stay for up to one week in the fridge.