



RED ONTARIO SWISS CHARD & CRUNCHY ONTARIO APPLE SALAD

INGREDIENTS

- ½ bunch Ontario Swiss chard (or Ontario collard green), chopped finely
- ½ bunch flat Ontario parsley, chopped finely
- ¼ bunch Ontario cilantro, chopped finely
- 1 Ontario apple, diced (your choice of apple)
- 2 Ontario shallots, chopped finely
- Juice of ½ a lemon
- 4 tbsp olive oil
- Salt and pepper to taste
- ¼ cup roasted pumpkin seeds or roasted sunflower seeds (optional)

PREPARATION

Toss chopped Swiss chard, parsley, cilantro, shallots and apple with olive oil and lemon.
Salt and pepper to taste.
Mix well.
Sprinkle seeds on top.

Serves four

NUTRITIONAL INFORMATION

Per serving

Protein: 3.3g Fat: 14.13g Carbohydrates: 12.9g Calories: 178

SEASONALITY

Fresh Ontario ingredients are available in September/October.