



## Lemony Kale & Chard Salad

Servings : Serves 6 Source : Myrecipes.com

### INGREDIENTS

- 1 tablespoon fresh lemon juice
- 1 tablespoon olive oil
- 1/2 teaspoon sugar
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon kosher salt
- 4 cups torn kale leaves
- 2 cups torn Swiss chard leaves
- 4 teaspoons unsalted pumpkinseed kernels
- 1/4 cup sliced green onions (about 2)
- 1 ounce shaved pecorino Romano

### DIRECTIONS

Combine first 5 ingredients, stirring until sugar dissolves. Add kale and chard; toss. Let stand 10 minutes.

Heat a skillet over medium heat. Add kernels; cook 5 minutes or until brown, stirring frequently. Add kernels, onions, and cheese to greens; toss.

### NUTRITION

Calories 65  
Fat 4g  
Saturated Fat 0.8g  
Monounsaturated Fat 2g  
Polyunsaturated Fat 0.8g  
Protein 2.6g  
Carbohydrate 6.3g  
Fiber 1.4g  
Cholesterol 2mg  
Iron 1.4mg  
Sodium 234mg  
Calcium 87mg