

Wilted Swiss Chard & Chickpea Salad

4 T olive oil

8 large leaves of Swiss Chard, stems removed, rough chopped

2 cups chickpeas

1/4 cup red onion, diced

1 small tomato, diced

2 T basil, chopped

2 T mint, chopped

3 T lemon juice

kosher salt and cracked black pepper, to taste

Heat 2 tablespoons of olive oil in a large skillet over medium high heat. Cook the Swiss chard for about 45 seconds or until it begins to gently wilt. Remove from the heat and allow to cool. In a bowl, combine the chickpeas, red onion, tomato, basil and mint, gently tossing together. Add the cooled Swiss chard, lemon juice, and 2 tablespoons olive oil, toss again. Season with salt and pepper.



ATLANTA BOTANICAL GARDEN