

# Wilted Greens with Orzo & Dried Fruit

**3 T grapeseed oil**  
**1 T shallots, chopped**  
**10 oz spinach**  
**1 bunch Swiss chard, cleaned and cut**  
**1 bunch kale, cleaned and cut**  
**2 cups cooked orzo pasta**  
**1/4 cup lemon juice**  
**lemon zest, to taste**  
**1/2 cup dried cranberries**  
**2 T fresh parsley, chopped**  
**salt & pepper, to taste**

Heat grapeseed oil in a large sauté pan over medium high heat. Add the shallots and cook for 30 seconds. Add the spinach, Swiss chard, kale, and season with salt and pepper. Cook for about 2 minutes and remove from the heat. Continue to stir so the vegetables cook evenly. Add the orzo pasta, lemon juice, lemon zest, cranberries, and fresh parsley and toss gently. Taste and adjust seasoning as needed. Serve with grilled, seared or baked salmon.

