Wilted Swiss Chard Salad

8 oz Swiss chard
2 T shallots, chopped
2 cups cooked bulgur
3 T fresh basil, chopped
1/2 cup tomato, diced
6 oz spring mix lettuce
1/4 c olive oil
3 T lemon juice
2 T white balsamic vinegar
grapeseed oil for sautéing
kosher salt & black pepper, to taste

Trim any thick or tough stems, wash and roughly chop the Swiss chard. In a large sauté pan, heat 2 T of grapeseed oil over medium high heat. Add the chopped shallots and Swiss chard and cook for 1 to 2 minutes. Season with salt and pepper and remove from the heat.

In a mixing bowl, combine the bulgur, basil, tomato, spring mix and the wilted Swiss chard and mix gently. Add the lemon juice, vinegar, and olive oil. Toss, taste and adjust seasoning as needed.