

Spicy Grapefruit And Chard Salad

This salad can be made ahead of time and stored in the refrigerator for up to three days. It has subtle flavors of leafy greens, tart grapefruit and slightly sweet red peppers. This recipe does call for a Dehydrator. Dehydrating the greens creates the mouth feel of slightly steamed.

Categories

Gluten-free

Yields: 2 servings

Preparation time: 60 mins

Cooking time: 20 mins

Category: Salads and dressings

Complexity: Progressive

Vegan experience: Moderate

Preparation style: Raw

Ingredients

Chard (swiss, raw)	2 cups
Cold pressed extra virgin olive oil	3 x 1 tbsp
Lemon juice, fresh	0.5 teaspoon
Fine sea salt	1 x 1/4 tsp
Grapefruit, fresh, white	0.5 cup
Red bell peppers, raw	2 cups
Sesame seeds, hulled, dried	1 tablespoon
Cold pressed organic flax cooking oil, cold pressed	60 milliliters
Red pepper (cayenne), ground	1 teaspoon

Instructions

Prep

1. A chard leaf has a long, thick vein running through its center. When working with chard, keep the soft vein at the top of the leaf intact, but as you move toward the bottom (stem end) of the leaf, the vein becomes larger and tougher and needs to be removed. To remove the vein near the stem end of the leaf, lay the leaf flat on a cutting board, and use a pairing knife if you have one to remove the thick part of the vein and discard. Slice the remaining leafy green part into thin strips
2. In a bowl, toss chard, olive oil, lemon juice and salt. Transfer to a nonstick dehydrator sheets and spread evenly. Dehydrate at 105 degrees F (41 degrees C) for 15 to 20 minutes or until slightly softened
3. Finely slice the red bell pepper
4. Segment grapefruit. To segment grapefruit, place it on a cutting board and remove a bit of skin from the top and bottom to create a flat surface (this will reveal the thickness of the pith). Using a sharp knife in a downward motion, remove the skin and the pith. Shave off any remaining bits of pith, then take a small knife and cut in between the half-

moon segments of fruit, one at a time. Ease out each segment with your knife until all segments needed have been removed

5. When the chard is finished in the dehydrator, transfer to a bowl and add the grapefruit, red pepper, sesame seeds and Spicy Red pepper Flax Oil. Toss well. Serve immediately or cover and refrigerate for up the three days,

6. The recipe does call for Spicy Red Pepper Flax Oil (ingredients for this are listed below the Flax seed oil in Ingredients) and a food processor:

Spicy Red Pepper Flax Oil

1. Chop red bell pepper
2. In a food processor, process ingredients (cold pressed flax oil, chopped red bell pepper, lemon juice, fine sea salt, cayenne) until smooth, stopping the motor once or twice and scraping down the sides of the work bowl
3. Serve immediately with salad or cover and refrigerate for up to three days
4. Substitute 2 tbsp (30mL) chopped jalapeno pepper for the cayenne