



Chard Salad With Artichoke Hearts And Kalamata Olive Vinaigrette Recipe

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



95 min.

SERVINGS



1

CALORIES



555 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 bunch swiss chard
- 0.5 cup golden raisins
- 0.3 cup kalamata olives pitted
- 1 serving salt and pepper freshly ground
- 1 tablespoon juice of lemon fresh
- 1 lemon zest finely grated
- 1 cup balsamic vinegar white

Equipment

- food processor
- bowl
- frying pan
- paper towels
- sauce pan
- knife
- blender
- slotted spoon
- tongs
- serrated knife

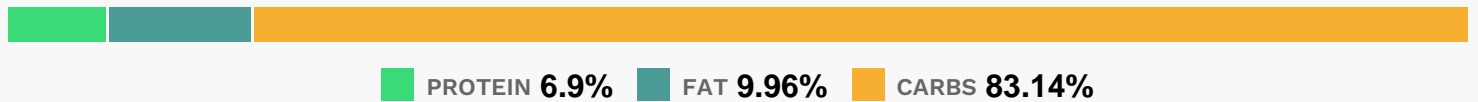
Directions

- In a wide saucepan, combine 2 cups water and the vinegar and bring to a boil over high heat. While the water is heating, prepare the artichokes: Trim the stems to about 1 inch. Using a large serrated knife, cut off the top one-third of each artichoke. Use a paring knife to nick off any remaining sharp tips from the outer leaves.
- Add the artichokes to the boiling water. Reduce the heat to medium, cover, and cook until tender all the way through, 30–45 minutes. Insert the tip of the paring knife through a stem into the heart to check.
- Drain and let cool. Pull the leaves off each artichoke and snack on them or save for later. Discard the furry choke, using the tip of a teaspoon to scrape it out of the hearts, and trim off any tough parts.
- Cut the cleaned hearts into slices. Set aside. In a blender or food processor, combine the olives and lemon juice and pulse to purée slightly.
- Add the 1/4 cup olive oil and process until smooth to make the vinaigrette. Set aside.
- Cut the stems from the chard leaves.
- Cut the stems into narrow strips and coarsely chop the leaves, keeping the stems and leaves separate. In a large frying pan, heat the 2 tablespoons olive oil over medium-high heat. When the oil is hot, add the chard stems and a pinch of salt and cook, stirring occasionally, until

softened, about 2 minutes. Using a slotted spoon, transfer to paper towels to drain, reserving the oil in the pan. Return the pan to medium heat (add more oil if the pan seems dry), add the chard leaves, and cook, stirring, just until wilted, about 2 minutes. Using tongs or the slotted spoon, transfer the leaves to a bowl, reserving the oil in the pan. Return the pan to medium-high heat (add more oil if the pan seems dry). When the oil is hot, add the artichoke pieces in a single layer and cook, turning once, until golden brown on both sides, about 2 minutes per side.

- Transfer to paper towels to drain briefly. To assemble, add the chard stems and raisins to the chard leaves, pour in the vinaigrette (you may not need all of it), and toss to coat evenly.
- Transfer to a platter. Scatter the artichokes over the top, add a few grinds of pepper and the lemon zest, and serve warm with any remaining dressing on the side. Try out these vegetarian chard recipes on Food Republic: [Swiss Chard Oshitashi Recipe](#)
- [John Besh's Mussel & Swiss Chard Soup Recipe](#)
- [Cannelloni With Swiss Chard And Fresh Goat Cheese Recipe](#)

Nutrition Facts



Properties

Glycemic Index: 138.67, Glycemic Load: 54.79, Inflammation Score: -10, Nutrition Score: 37.336521729179%

Flavonoids

Catechin: 4.5mg, Catechin: 4.5mg, Catechin: 4.5mg, Catechin: 4.5mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 19.36mg, Kaempferol: 19.36mg, Kaempferol: 19.36mg, Kaempferol: 19.36mg Myricetin: 9.3mg, Myricetin: 9.3mg, Myricetin: 9.3mg, Myricetin: 9.3mg Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg

Nutrients (% of daily need)

Calories: 555.41kcal (27.77%), Fat: 6.15g (9.46%), Saturated Fat: 0.89g (5.58%), Carbohydrates: 115.59g (38.53%), Net Carbohydrates: 106.09g (38.58%), Sugar: 85.15g (94.61%), Cholesterol: 0mg (0%), Sodium: 1427.15mg (62.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.6g (19.19%), Vitamin K: 2493.01µg (2374.3%), Vitamin A: 18484.54IU (369.69%), Vitamin C: 105.86mg (128.32%), Manganese: 1.66mg (82.88%), Magnesium: 304.49mg (76.12%), Potassium: 2002.71mg (57.22%), Iron: 8.76mg (48.67%), Vitamin E: 7.08mg (47.2%), Copper: 0.92mg (45.75%), Fiber: 9.49g (37.98%), Calcium: 286.89mg (28.69%), Vitamin B6: 0.56mg (27.94%), Phosphorus: 273.1mg (27.31%), Vitamin B2: 0.42mg (24.58%), Folate: 48.97µg (12.24%), Vitamin B3: 2.15mg (10.73%), Zinc: 1.55mg

(10.35%), Vitamin B1: 0.14mg (9.34%), Vitamin B5: 0.66mg (6.64%), Selenium: 3.57µg (5.1%)