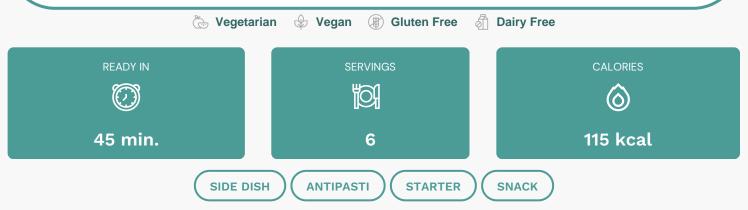


## Moroccan Beet Leaf or Swiss Chard Salad (Salade de Blettes)



## **Ingredients**

2 bunches bunchs of kale with stems, coarsely chopped (1 pound)	)
4 cloves garlic minced	
1 teaspoon ground cumin	
1 teaspoon harissa to taste	
0.3 cup vinegar white	
6 servings pepper freshly ground to taste	
6 servings salt to taste	

	1 teaspoon paprika sweet	
	0.3 cup vegetable oil	
Eq	uipment	
	bowl	
	frying pan	
Di	rections	
	Heat the oil in a medium skillet. Toss in the garlic, sautéing untiljust fragrant, then add the chard and cook for a few minutes.	
	Sprinkleon a little salt, the paprika, cumin, and harissa, and cook foranother minute, stirring.	
	Pour the vinegar or lemon juice into thepan, and cook for another minute, or until it has begun to evaporate. Season with salt and freshly ground pepper to taste.	
	Serve atroom temperature.	
	*Harissa, a North African hot sauce, is available at Middle Eastern markets and specialty foods stores, and from pereg-spices.com. For a quick homemade harissa, mix 1/4 cup sambal oelek or other hot chili paste, 2 tablespoons olive oil, 1 teaspoon salt, 1 teaspoon ground cumin, and teaspoon ground coriander in a small bowl to blend. The harissa keeps for at least a week covered and chilled.	
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Nutrition Facts		
	PROTEIN 0.94% FAT 94.81% CARBS 4.25%	
<b>Properties</b> Glycemic Index:22, Glycemic Load:0.22, Inflammation Score:-2, Nutrition Score:2.1904347678242%		
Flavonoids		

Kaempferol: O.01mg, Kaempferol: O.01mg, Kaempferol: O.01mg, Kaempferol: O.01mg Myricetin: O.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 115.24kcal (5.76%), Fat: 12.24g (18.84%), Saturated Fat: 1.86g (11.64%), Carbohydrates: 1.24g (0.41%), Net Carbohydrates: 0.99g (0.36%), Sugar: 0.18g (0.2%), Cholesterol: Omg (0%), Sodium: 207.07mg (9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.27g (0.54%), Vitamin K: 24.13µg (22.98%), Vitamin E: 1.12mg (7.48%), Vitamin A: 195.89IU (3.92%), Manganese: 0.07mg (3.51%), Iron: 0.36mg (1.99%), Vitamin B6: 0.04mg (1.77%), Vitamin C: 0.89mg (1.07%)