



## Hardy Greens Salad with Ember Roasted Onions and Apple Balsamic

### Ingredients:

4 cups kale (measured after ribs removed and torn into pieces)  
4 cups chard (measured after ribs removed and torn into pieces)  
4 cups baby spinach (measured after ribs removed and torn into pieces)  
2 TBS whole grain Dijon mustard  
2 TBS safflower oil  
2 TBS apple balsamic vinegar\*  
½ tsp apple cider vinegar (optional - if the balsamic used is very sweet)  
pinch of salt  
3 medium red onions (skin on) soaked in water for 15 minutes

### Procedure:

1. Place the onions in a bed of embers away from the center of the fire where they can be easily accessed. Turn them every 5 minutes until they are soft all the way through (20-30 minutes). The outside will get very charred during this process. Reserve.
2. Steam the kale for 5 minutes and chill in cold water immediately. Drain and place into a cloth towel and squeeze out any excess liquid. Mince the kale coarsely and place in a salad or mixing bowl.
3. Repeat with the chard, but cut the lump of dried chard into in ¼ slices. Add to the bowl.
4. Wash and drain the spinach. Squeeze dry in a towel and add to the bowl.
5. When the onions are cooled, remove most of the char and then slice the onions thinly and add to the bowl
6. Mix the mustard, oil, salt, and vinegar together and splash around the sides of the bowl.
7. Mix thoroughly and serve immediately.

Serves 4

\* Apple Balsamic is available at <https://www.ditalia.com/>