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## What Geeks Eat...

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### Chard Salad

1 bunch of tender chard, stems and leaves  
1 small red onion  
2 carrots, sliced thin

2 tablespoons raspberry vinegar  
¼ cup fresh walnut oil  
squirt of honey  
salt and pepper

1/3 cup toasted walnuts

Separate the chard leaves from the stems. Wash and spin dry the leaves and chop them into 1" ribbons and place them in a large salad bowl. Trim the stems into 2 inch pieces and place them in a quart jar filled ¾ of the way with fresh cold water. Screw on the lid and shake for a minute or so. Drain into a colander and rinse with fresh cold water. Test a stem for grit by eating it. If there is any grit left repeat the shaking routine. If no grit is detected then slice the stems into thin match sticks and add to the salad bowl.

Slice the carrots into thin rounds and the onion into thin slices and add to the salad bowl. Combine the dressing ingredients and mix well. Taste and adjust accordingly. Add the walnuts to the salad bowl, add the dressing and toss and serve. It is good as is but I was tempted to add goat cheese...that might be even better.