



Grilled Corn and Chard Salad

- 1 ear grilled corn, shucked
- 10 leaves of swiss chard - chopped
- 1-2 cloves of garlic-chopped
- 1 cup onions-chopped
- 1 TBS fresh herbs of your choice (rosemary, thyme, dill, etc)

Saute onion with 1 tsp olive oil until translucent, about 5 minutes. Add garlic and chard to pan and stir until chard is slightly wilted. Finish by adding corn and herbs and removing from heat. Add a little salt and pepper to taste. Serve warm over quinoa, rice or amaranth.

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