

# Wilted Sweet and Sour Salad

Lois Hilton - a TASTE recipe



## Ingredients

enough lettuce, spinach, or any combination of fresh greens to fill an average salad bowl.

2 tablespoons sunflower seed oil

Swiss chard, finely chopped

garlic scapes, finely chopped

radishes, finely chopped

carrots, sliced finely or shredded

onions, finely chopped

1/3 cup maple syrup

1/3 cup apple cider

1/3 cup vinegar

1/3 cup water

1/2 cup sunflower seeds

**Optional:** edible flowers, such as nasturtium, pansies, tuberous begonias, rose petals, dandelions, etc.

## Directions

Tear greens into bite sized pieces and put in a salad bowl.

Sauté the chopped chard, garlic scapes, radishes, carrots, and onions in oil for a couple of minutes.

Add maple syrup, cider, vinegar and water.

Simmer until veggies are slightly cooked; yet still a bit crunchy.

Spoon over greens and toss.

Garnish with sunflower seeds and edible flowers.

Serve immediately.