

## Paleo Warm Three Greens Salad



### *Paleo Vegetables Recipe*

This recipe is a nutritional powerhouse with 56% of your daily vitamin C and 208% vitamin A!

2 T olive oil

1 onion, thinly sliced

1 garlic clove, minced

1 bunch Swiss chard, chopped

2 c kale, chopped

2 c baby spinach

1 T lemon juice

2 T sliced almonds, toasted

1. Heat 1 tablespoon oil in a large pan over medium heat for 1 minute; add onion and garlic. Reduce heat to medium-low and cook for 15-20 minutes, stirring occasionally, until onions begin to caramelize. Transfer to a plate and set aside.

2. Heat remaining tablespoon of oil to medium-high. Add Swiss chard and kale; cook for 2 minutes, stirring occasionally, until just wilted. Remove from heat.

3. Add the reserved onions, the spinach, and the almonds to the greens in the pan; stir. Serve warm.

Serves 6

NUTRITIONAL INFORMATION

Calories 65  
Total Fat 3.5 g  
Cholesterol 0 mg  
Sodium 123 mg  
Carbohydrate 7 g  
Dietary Fiber 3 g  
Protein 3 g