Ingredients

* 3 bunches swiss chard, stem and leaves chopped
* 12 green apples, diced into small cubes
* 1 lb carrots, sliced into thin sticks
* 1 cup olive oil
* 3 TBS whole grain mustard
* 6 limes, zested and juiced
* aalt and pepper to taste

Procedure

1. Mix the chard, apples, and carrots in a large bowl.
2. In a separate bowl, combine the oil, mustard, lime zest, and juice. Season with salt and pepper to taste.
3. Add the dressing to the greens. Mix thoroughly.