

# Braised Lentils and Chard Topped with an Egg

Yield: 4 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/braised-swiss-chard-recipe-food-network>

## Ingredients:

- 1/2 pound chard about 1/2 bunch
- 2 tablespoons olive oil
- 1/2 cup diced yellow onion
- 1/2 cup carrot diced
- 1 cup brown lentils or dried green, rinsed
- 2 garlic cloves peeled and smashed
- 1 bay leaf
- 1/4 teaspoon dried thyme or 1 teaspoon fresh
- 2 cups water
- 1 teaspoon red wine vinegar or to taste
- ground black pepper
- salt
- 4 eggs
- 2 tablespoons chopped parsley for garnish, optional

## Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 41 grams
3. Cholesterol: 240 milligrams
4. Fat: 14 grams
5. Fiber: 19 grams
6. Protein: 24 grams
7. SaturatedFat: 3 grams
8. Sodium: 460 milligrams
9. Sugar: 4 grams

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