

Spicy Cauliflower Swiss Chard Pesto Pasta

Yield: 2 min
Total Time: 30 min

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

Ingredients:

- 3 chard large leaves, stem removed below the leaf
- 3 large garlic cloves
- 1 cup cauliflower stems, chopped
- 1/2 cup cauliflower florets
- 1/4 teaspoon salt black pepper, and red pepper flake, each
- 1 tablespoon olive oil
- 1 garlic clove minced
- 1 teaspoon olive oil
- 1/2 cup whole wheat bread crumbs
- 5 ounces whole wheat pasta
- 1/4 cup grated Parmesan

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 10 milligrams
4. Fat: 13 grams
5. Fiber: 4 grams
6. Protein: 10 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 850 milligrams
9. Sugar: 4 grams

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