

# Chicken and Swiss Chard Pasta Bake

Yield: 5 min  
Total Time: 80 min

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

## Ingredients:

- 1/2 pound whole wheat penne
- 3 bunches Swiss chard
- 3 tablespoons olive oil divided
- 1 yellow onion medium, chopped
- 3 cloves garlic minced
- 2 cups chicken cooked, shredded
- 1 cup ricotta cheese
- white wine Splash of
- 1/4 cup grated Parmesan cheese
- 1/4 cup panko breadcrumbs
- kosher salt
- freshly ground black pepper

## Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 48 grams
3. Cholesterol: 90 milligrams
4. Fat: 19 grams
5. Fiber: 8 grams
6. Protein: 37 grams
7. SaturatedFat: 7 grams
8. Sodium: 790 milligrams
9. Sugar: 3 grams

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