

# One Pan Chicken & Swiss Chard

Yield: 4 min  
Total Time: 38 min

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

## Ingredients:

- 1 1/3 pounds skinless chicken thighs 8 pieces
- 7 ounces Swiss chard
- 1 medium carrot
- 1 onion
- 6 celery sticks
- 2 1/8 cups organic chicken broth
- 1 teaspoon salt
- 1 teaspoon black pepper
- 4 tablespoons olive oil
- 5 cups arugula
- 8 artichoke hearts
- 20 Kalamata olives
- 1/2 cucumber
- 1 tomato
- 4 radishes with leaves
- 4 tablespoons olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 teaspoon oregano

## Nutrition:

1. Calories: 690 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 125 milligrams
4. Fat: 52 grams
5. Fiber: 13 grams
6. Protein: 34 grams

7. SaturatedFat: 10 grams
  8. Sodium: 1370 milligrams
  9. Sugar: 7 grams
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