

Rainbow Chard and Mushroom Stir Fry

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 3 teaspoons extra virgin olive oil
- 3 garlic cloves huge, minced - adjust this amount to taste, I really wanted a strong garlic flavor
- 1/2 small onion very thinly sliced
- 1/2 teaspoon kosher salt
- 1/4 teaspoon red pepper flakes
- 12 ounces baby bella mushrooms sliced into thick pieces, about 3-4 pieces per mushrooms
- 6 pieces Swiss chard rainbow, washed and left slightly damp
- chicken Optional: leftover Grilled Lemon, sliced thinly

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 245 milligrams
4. Fat: 15 grams
5. Fiber: 1 grams
6. Protein: 78 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 590 milligrams
9. Sugar: 2 grams

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