

Wilted Swiss Chard and Couscous Salad

Yield: 7 min
Total Time: 38 min

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

Ingredients:

- 2 1/4 cups Israeli couscous
- 2 1/2 cups water
- 1 bunch Swiss chard chopped
- 1 tablespoon olive oil
- 1 garlic clove peeled and left whole
- 2 lemons
- 1/4 cup olive oil
- 3/4 teaspoon salt
- 4 black pepper grinds of
- 1/2 pint cherry tomatoes sliced
- 1/2 English cucumber de-seeded and chopped
- 1/2 cup chopped parsley
- 1/2 cup chopped mint
- 4 scallions chopped

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 51 grams
3. Fat: 10 grams
4. Fiber: 6 grams
5. Protein: 9 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 370 milligrams
8. Sugar: 2 grams

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