

Warm Swiss Chard and Mushroom Salad

Yield: 2 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/tomato-and-swiss-chard-balsamic-vinegar-recipe>

Ingredients:

- 1 tablespoon olive oil
- 2 cloves garlic minced
- 1 bunch Swiss chard cut into thin strips
- 10 cremini mushrooms sliced
- 1/4 cup chopped onion
- 3 tablespoons balsamic vinegar
- 12 grape tomatoes quartered
- 2 tablespoons crumbled blue cheese
- 1 pinch salt and ground black pepper to taste

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 47 grams
3. Cholesterol: 5 milligrams
4. Fat: 9 grams
5. Fiber: 12 grams
6. Protein: 16 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 530 milligrams
9. Sugar: 30 grams

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