

Spicy Asian Stir-Fried Swiss Chard

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 1 pound Swiss chard stems and leaves chopped separately
- 1 tablespoon peanut oil or grapeseed oil
- 1 tablespoon minced garlic
- 1 tablespoon soy sauce
- 1 teaspoon hoisin sauce
- 1 teaspoon black bean garlic sauce
- 2 teaspoons chili garlic sauce start with 1 tsp. and taste to see if you want more heat
- 1 tablespoon sugar Splenda, or Stevia in the Raw, use Splenda or Stevia in the Raw for South Beach Diet

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 11 grams
3. Fat: 4 grams
4. Fiber: 3 grams
5. Protein: 3 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 600 milligrams
8. Sugar: 6 grams

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