

Baked Swiss Chard Stems with Olive Oil and Parmesan

Yield: 2 min
Total Time: 40 min

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

Ingredients:

- 1 bunch chard stems
- 1/4 teaspoon salt
- olive oil for spraying pan and chard
- 1/4 cup grated Parmesan cheese coarsely, I used Grana Padano from Costco, but any type of hard aged cheese would be good here.
- black ground pepper coarse, to taste

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 10 milligrams
4. Fat: 14 grams
5. Fiber: 5 grams
6. Protein: 10 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 1000 milligrams
9. Sugar: 3 grams

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