

Savory Swiss Chard Pie

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/strawberry-and-swiss-chard-pie-recipe>

Ingredients:

- 12 ounces chard 340 g
- 1 medium onion chopped
- 2 cloves garlic minced
- 12 ounces extra firm silken tofu or lite firm, drained, 1 package Mori-Nu is 349 g
- 1/4 cup soy milk plain, 60 ml
- 2 tablespoons nutritional yeast
- 1 tablespoon potato starch or cornstarch
- 1 tablespoon raw cashews optional*, 1/2 ounce or 15 g
- 1/4 teaspoon onion powder
- 1/8 teaspoon turmeric
- 3/4 teaspoon salt or to taste
- 1 pinch nutmeg
- 1/8 teaspoon cayenne
- 2 teaspoons fresh thyme leaves or 1 tsp. dried

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 14 grams
3. Fat: 3.5 grams
4. Fiber: 4 grams
5. Protein: 12 grams
6. Sodium: 690 milligrams
7. Sugar: 4 grams

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