

Garlicky Pasta with Swiss Chard and Beans

Yield: 4 min
Total Time: 35 min

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

Ingredients:

- 8 ounces whole wheat pasta
- 1 tablespoon olive oil
- 1 bunch Swiss chard stems removed and finely chopped, keep stems!
- 1 pinch kosher salt
- 1/2 teaspoon chili flakes optional
- 2 garlic cloves grated with microplane
- 15 ounces diced tomatoes
- 15 ounces beans can cannellini, drained and rinsed
- fresh parsley optional
- basil optional
- Parmesan cheese to serve

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 5 milligrams
4. Fat: 4.5 grams
5. Fiber: 6 grams
6. Protein: 6 grams
7. SaturatedFat: 1 grams
8. Sodium: 330 milligrams
9. Sugar: 7 grams

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