

Swiss Chard and Tofu Stir-Fry

Yield: 4 min
Total Time: 35 min

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

Ingredients:

- 2 tablespoons olive oil
- 2 cloves garlic minced
- 10 ounces extra firm tofu or firm, drained, pressed, and cut into cubes
- 1 teaspoon soy sauce or tamari
- 8 button mushrooms sliced
- 1 bunch Swiss chard stemmed and leaves chopped
- 1/2 teaspoon sesame oil
- 1/4 teaspoon sea salt or to taste
- 1 dash cayenne pepper

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 9 grams
3. Fat: 16 grams
4. Fiber: 4 grams
5. Protein: 16 grams
6. SaturatedFat: 2 grams
7. Sodium: 470 milligrams
8. Sugar: 1 grams

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