

Swiss Chard with Beets, Goat Cheese, and Raisins

Yield: 12 min
Total Time: 90 min

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

Ingredients:

- 1 1/2 pounds red beets about 3 large
- 4 pounds Swiss chard
- 1/4 cup olive oil
- 1 red onion large, halved lengthwise, cut thinly crosswise
- 3/4 cup sliced green onions about 3
- 5 garlic cloves chopped
- 2 jalapeño chiles thinly sliced crosswise with seeds
- 43 1/2 ounces diced tomatoes in juice, drained
- 1 cup golden raisins
- 1/4 cup fresh lime juice
- 25 1/2 ounces soft fresh goat cheese crumbled
- 2 tablespoons pine nuts

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 30 milligrams
4. Fat: 18 grams
5. Fiber: 7 grams
6. Protein: 17 grams
7. SaturatedFat: 10 grams
8. Sodium: 600 milligrams
9. Sugar: 15 grams

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