

# Swiss Chard and Mushroom Squares (Updated Version)

Yield: 8 min  
Total Time: 70 min

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

## Ingredients:

- 1 onion small, diced small
- 2 cloves garlic finely minced, or use 2 tsp. minced garlic from a jar
- olive oil 2 tsp. + 2 tsp.
- 1/2 pound crimini baby bella, mushrooms, diced into small pieces, about 12 mushrooms
- soy sauce 1/2 tsp., or Tamari
- 1 bunch Swiss chard stems cut out and cut into thin ribbons and then chopped, at least 4-6 cups chopped chard; can also use other gree...
- 3/4 cup low-fat mozzarella cheese grated
- 1/4 cup crumbs hemp hearts, or can 100% whole wheat panko
- 8 eggs beaten
- seasoning 1/2 tsp. Spike

## Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 215 milligrams
4. Fat: 8 grams
5. Fiber: 1 grams
6. Protein: 9 grams
7. SaturatedFat: 2 grams
8. Sodium: 300 milligrams
9. Sugar: 3 grams

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