

Fresh Tomato and Swiss Chard Pasta #15MinuteSuppers

Yield: 6 min
Total Time: 15 min

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

Ingredients:

- 3 tomatoes medium ripe, diced
- 2 cloves garlic minced, I personally like a little bit more garlic
- 3 tablespoons extra virgin olive oil
- salt
- pepper
- 12 ounces pasta spaghetti
- 2 cups Swiss chard chopped, fresh, plus a small amount of olive oil
- 1/4 cup Parmesan cheese
- 3 tablespoons toasted pine nuts
- feta cheese crumbled on top, about 1 Tbsp per serving

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 48 grams
3. Cholesterol: 5 milligrams
4. Fat: 13 grams
5. Fiber: 3 grams
6. Protein: 11 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 290 milligrams
9. Sugar: 4 grams

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