

# Swiss Chard Parmesan

Yield: 4 min  
Total Time: 85 min

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

## Ingredients:

- 2 pounds Swiss chard
- 1/2 tablespoon all purpose flour plus extra to dust
- 3 eggs
- 6 tablespoons freshly grated Parmesan plus extra to serve
- salt
- freshly ground black pepper
- olive oil to fry
- 3 1/2 ounces mozzarella hard, cut into small cubes
- 3 basil leaves for the tomato sauce
- 3 tablespoons extra virgin olive oil
- 1 small onion finely chopped
- 1 1/2 cans plum tomatoes chopped
- 6 fresh basil leaves
- 1 pinch salt

## Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 185 milligrams
4. Fat: 27 grams
5. Fiber: 8 grams
6. Protein: 22 grams
7. SaturatedFat: 8 grams
8. Sodium: 1120 milligrams
9. Sugar: 13 grams

---

Thank you for visiting our website. Hope you enjoy Swiss Chard Parmesan above. You can see more 19 swiss chard tomatoes recipe Elevate your taste buds! to get more great cooking ideas.