

Swiss Chard with Pinto Beans and Goat Cheese

Yield: 4 min
Total Time: 38 min

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

Ingredients:

- 1 1/2 tablespoons vegetable oil
- 1 1/2 tablespoons butter
- 2 cloves garlic minced
- 1 pinch red pepper flakes
- 1 bunch Swiss chard rinsed, stems removed and cut into 1/2 inch slices
- 15 1/2 ounces pinto beans rinsed and drained
- 1 tomato small, chopped
- salt
- pepper
- 1 tablespoon fresh lime juice
- 3 tablespoons goat cheese

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 25 milligrams
4. Fat: 13 grams
5. Fiber: 3 grams
6. Protein: 8 grams
7. SaturatedFat: 6 grams
8. Sodium: 500 milligrams
9. Sugar: 2 grams

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