

# Swiss Chard and Ricotta Cakes

Yield: 144 min  
Total Time: 40 min

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

## Ingredients:

- 12 cups Swiss chard about 3-4 bunches
- 4 basil leaves sliced thin
- 1 cup whole wheat pastry flour
- 1 teaspoon salt
- 1 1/2 teaspoons baking powder
- 1 cup ricotta cheese
- 1/3 cup grated Parmesan
- 3/4 cup milk
- 2 eggs
- 3 tablespoons ghee or oil, plus more for frying
- yogurt
- basil

## Nutrition:

1. Calories: 10 calories
2. Carbohydrate: 1 grams
3. Cholesterol: 5 milligrams
4. Fat: 0.5 grams
5. Protein: 1 grams
6. Sodium: 35 milligrams

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