



## Swiss Chard with Lentils and Feta Cheese

 Vegetarian  Gluten Free  Very Healthy

READY IN



70 min.

SERVINGS



4

CALORIES



306 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon pepper black freshly ground plus more for seasoning
- 1 cup green lentils
- 2.5 ounces feta cheese crumbled
- 2 medium garlic clove finely chopped
- 0.5 teaspoon kosher salt plus more for seasoning
- 2 tablespoons olive oil
- 0.5 cup onion yellow (from)
- 4 teaspoons red wine vinegar

- 12 ounces swiss chard (1 bunch)
- 2 cups water

## Equipment

- bowl
- frying pan
- sauce pan

## Directions

- Heat 1 tablespoon of the oil in a medium saucepan over medium heat until shimmering.
- Add the onion and garlic, season with salt and pepper, and cook, stirring occasionally, until softened, about 5 minutes.
- Add the lentils, stir to combine, and add the water. Increase the heat to high and bring to a simmer. Reduce the heat to low and simmer, stirring occasionally, until the lentils are just tender and the water has evaporated, about 30 minutes.
- Remove from the heat and set aside. Meanwhile, trim the ends from the chard stems and discard.
- Cut off the stems at the base of the leaves and slice the stems crosswise into 1/4-inch pieces.
- Place in a small bowl and set aside. Stack the leaves, cut them in half lengthwise, then coarsely chop into bite-sized pieces; set aside.
- Heat the remaining tablespoon of oil in a large frying or straight-sided pan over medium-high heat until shimmering.
- Add the reserved chard stems, season with salt and pepper, and cook, stirring occasionally, until softened, about 5 minutes.
- Add the chopped chard leaves, measured salt, and measured pepper and cook, stirring occasionally, until wilted, about 2 minutes. Stir in the red wine vinegar and reserved lentil mixture until evenly combined.
- Remove from the heat and allow to cool slightly, about 3 minutes.
- Sprinkle in the feta and stir to combine. Taste and season with salt and pepper as needed.
- Serve warm or at room temperature.

# Nutrition Facts

PROTEIN 21.53% FAT 33.3% CARBS 45.17%

## Properties

Glycemic Index:43.15, Glycemic Load:4.83, Inflammation Score:-10, Nutrition Score:31.730434945096%

## Flavonoids

Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 5.07mg, Kaempferol: 5.07mg, Kaempferol: 5.07mg Myricetin: 2.67mg, Myricetin: 2.67mg, Myricetin: 2.67mg, Myricetin: 2.67mg Quercetin: 5.96mg, Quercetin: 5.96mg, Quercetin: 5.96mg, Quercetin: 5.96mg Gallic acid: 0.07mg, Gallic acid: 0.07mg, Gallic acid: 0.07mg, Gallic acid: 0.07mg

## Nutrients (% of daily need)

Calories: 305.93kcal (15.3%), Fat: 11.52g (17.72%), Saturated Fat: 3.43g (21.47%), Carbohydrates: 35.16g (11.72%), Net Carbohydrates: 18.76g (6.82%), Sugar: 2.77g (3.08%), Cholesterol: 15.77mg (5.26%), Sodium: 684.24mg (29.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.76g (33.52%), Vitamin K: 713.15µg (679.19%), Vitamin A: 5296.28IU (105.93%), Fiber: 16.4g (65.62%), Folate: 251.36µg (62.84%), Manganese: 1.02mg (51.23%), Vitamin C: 29.6mg (35.88%), Magnesium: 134.79mg (33.7%), Vitamin B1: 0.49mg (32.85%), Phosphorus: 324.01mg (32.4%), Iron: 5.41mg (30.05%), Potassium: 830.68mg (23.73%), Vitamin B6: 0.46mg (23.07%), Copper: 0.44mg (22.03%), Zinc: 3.18mg (21.19%), Vitamin B2: 0.33mg (19.68%), Vitamin E: 2.89mg (19.26%), Calcium: 169.57mg (16.96%), Vitamin B5: 1.38mg (13.8%), Selenium: 7.73µg (11.04%), Vitamin B3: 1.8mg (9.01%), Vitamin B12: 0.3µg (4.99%)