

Creamy Chard Pasta

From – food.com

1 lb chard
1 Tbsp olive oil
2 garlic cloves, smashed
¼ cup onions, chopped
2 large tomatoes, chopped
½ cup fat-free sour cream or ½ cup plain yogurt
½ cup 2% low-fat milk
¼ cup Parmesan cheese
8 oz fettuccine pasta, cooked according to package
salt & pepper

- Wash chard, cut into small pieces.
- Heat oil in large 2 qt saucepan over medium-high heat, 1 to 2 minutes.
- Add chard, garlic and onion; cooking 1 to 2 minutes, stirring occasionally.
- Add tomatoes, sour cream, milk, Parmesan cheese, cooked fettuccine, salt & pepper to taste; stir well.
- Serve warm.



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