

## Swiss Chard Bars

### Ingredients:

- 5 oz. fresh spinach, Swiss chard or beet greens, rinsed, de-stemmed and chopped
- 1 cup flour
- 1/2 tsp. salt
- 2 eggs
- 3/4 c. milk
- 1/4 butter (I like to use coconut oil)
- 1 onion, chopped
- 1 8 oz. package shredded mozzarella (I use about half that and it's still good. Occasionally, I also love to use a blend of feta, parmesan and mozzarella. I love the combination of feta and greens!)

### Directions:

Put it all in a bowl and mix well. Bake in a greased 9 x 13 pan at 375 degree oven for 35-45 minutes. Technically, you should let it cool before cutting and serving, but I love it still warm - even if I do burn my tongue!



### Recipe Source:

[www.plumfabulousfoods.com](http://www.plumfabulousfoods.com)