

Broccoli, Chard, & Feta Frittata

Frittatas are a wonderful way to start your day off right with a serving of vegetables. They're also a great way to use up leftovers.

<u>U.S.</u>		<u>Metric</u>
1 cup	Broccoli, cut into small florets	36 g
8 each	Eggs, large	8 each
1/2 cup	Water	120 mL
1 Tbsp	Parmesan Cheese, shredded	6 g
1 Tbsp	Fresh Oregano, Thyme, or Parsley, chopped	3.5 g
1 tsp	Olive Oil	5 mL
1/2 each	Onion, julienned	1/2 each
1/2 each	Red Pepper, julienned	1/2 each
2 cup	Swiss Chard, chiffonade (ribbon cut)	72 g
1 1/2 Tbsp	Feta Cheese, crumbled	10 g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat the oven to 350°F (180°C) and spray a lined muffin pan with pan spray.
3. Prepare a bowl of ice water. Set aside.
4. Bring a large pot of water to a boil. Add broccoli and boil for about 2 minutes, until bright green.
5. Drain the broccoli from the boiling water and place them into a bowl of ice water for about 2 minutes. Then strain the broccoli from the ice water, shaking off any excess water.
6. Crack the eggs into a medium mixing bowl. Whisk until well combined. Add the water, pepper, parmesan cheese, herbs and mix. Set aside.
7. Heat a medium non-stick pan on high heat. Add oil, Reduce heat to medium and add the onions and red peppers. Sauté for about 5 minutes, stirring frequently, until onions are lightly browned.
8. Add broccoli and swiss chard. Saute for 1 minute or until chard begins to wilt.
9. Using a ladle, pour the egg mixture into muffin tin to fill 6 tins halfway. Add cooked vegetables evenly into each tin.
10. Sprinkle each frittata with feta and cook for about 15-20 minutes or until egg is firm.
11. Allow frittata to rest for 5 minutes. Serve and enjoy!

****Nutrition Facts on Reverse**

Nutrition Facts

6 Servings

Serving size **1 muffin**

Amount per serving

Calories **130**

Calories from Fat 70

Total Fat 8 g

 Saturated Fat 3 g

 Trans Fat 0 g

 Monounsaturated Fat 3 g

Cholesterol 250 mg

Sodium 190 mg

Total Carbohydrate 4 g

 Dietary Fiber 1 g

 Total Sugars 2 g

 Includes 0 g Added Sugars

Protein 10 g

Vitamin D 0 %

Calcium 8 %

Iron 10 %

Potassium 226 mg

Phosphorus 172 mg