



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>
8 large	Eggs	8 large
1/2 cup	Water	120 mL
1 Tbsp	Parmesan Cheese, shredded	6 g
1 Tbsp	Fresh Oregano, Thyme, or Parsley, chopped	3.6 g
1 tsp	Olive Oil	5 mL
1/2 each	Onion, julienned	1/2 each
1 each	Red Pepper, julienned	1/2 each
1 bunch	Swiss Chard, chiffonade (ribbon cut)	1 bunch
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).
3. Crack the eggs into a medium mixing bowl. Whisk until well combined. Add the water, pepper, parmesan cheese, herbs and mix. Set aside.
4. Heat a medium non-stick pan on high heat. Add oil, Reduce heat to medium and add the onions. Sauté for about 5 minutes, stirring frequently, until onions are lightly browned.
5. Add the red peppers, broccoli, and Swiss chard. Sauté for 1 minute until they just begin to soften.
6. Pour the egg mixture in the pan. Stir and cook for 1 minute.
7. Sprinkle the feta around the top of the eggs. Place the pan into the oven and cook until the frittata is firm, about 15-20 minutes.
8. Allow frittata to rest for 5 minutes, then cut into six slices and serve.

Nutrition Facts

Serving size	1 slice
Servings	6
Calories	120
Calories from Fat	60
Total Fat	7 g
Saturated Fat	2 g
Trans Fat	0 g
Monounsaturated Fat	3 g
Cholesterol	220 mg
Sodium	200 mg
Carbohydrates	5 g
Dietary Fiber	1 g
Sugars	3 g
Protein	9 g
Vitamin A	45 %
Calcium	8 %
Vitamin C	60 %
Iron	10 %

Phosphorus 147 mg
