



Swiss Chard Frittata

Ingredients:

4 eggs	2 cups packed, chopped Swiss chard
1 tbsp water	2 tbsp chopped, fresh basil
1 tsp canola oil	¼ cup grated parmesan cheese
¼ cup finely chopped onion	
½ tsp minced garlic	

Instructions:

1. In a small bowl whisk together eggs and water. Set aside.
2. In a small, non stick skillet, heat oil over medium high heat. Add onion and garlic and cook for 1 to 2 minutes. Stir in chard and basil and cook for 3 – 4 minutes or until chard is wilted. Remove from pan and set aside.
3. Wipe skillet and place over medium heat. Add half of the chard mixture and half of the egg mixture. Cook for 3 to 4 minutes or until browned on the bottom, but not completely set on the top. Sprinkle with half of the cheese. Flip frittata over, cook for 1 to 2 minutes or until browned or completely set. Remove from pan and cut in half. Repeat with remaining ingredients to make second frittata.

Makes 2 servings.