

# Swiss Chard Frittata

**Prep Time: 10 minutes**

**Cook Time: 30 minutes**

**Makes 4 servings**



## Ingredients:

1 teaspoon canola or olive oil  
1 small onion, chopped  
1 bunch swiss chard (or spinach)  
6 eggs  
1/2 cup low-fat milk  
1/4 teaspoon black pepper  
1/4 cup shredded cheddar cheese  
2 Tablespoons grated parmesan cheese

## Directions:

1. Preheat oven to 350 degrees. Wash swiss chard well, and pat dry with paper towels. Strip leaves from stalk and chop roughly. Chop onion into bite sized pieces
2. Heat large nonstick skillet over medium heat and add oil. Add onions and cook until softened, about 3-5 minutes.
3. Add swiss chard and cook until wilted.
4. Crack eggs into medium bowl and whisk in milk and pepper. Stir in cheese.
5. Spray 8x8 pan (or 9-inch pie pan) with cooking spray and spread vegetable mixture into bottom of the pan. Pour in egg mixture, and sprinkle parmesan cheese over the top.
6. Bake 20-25 minutes or until set and crust is lightly brown.

**Green leafy vegetables are a good source of iron and vitamin K.**



Cerro Gordo County  
Department of Public Health

H. H. Food Bank & Cerro Gordo County Dept. P. H.. Courtesy of Iowa United Method Church Funds & sponsorship of ITC Holdings

## RECIPE TIPS

### Vary your veggies!

Try with spinach, kale, or collard greens!

Use other vegetables such as chopped bell peppers or broccoli.

### Cooking for a crowd?

Double the recipe and bake in 9 x 13 pan.

### Make it a meal!

Add chopped ham or turkey to egg mixture.

Serve with fresh fruit or canned fruit in 100% juice.

Serving Size: 1/4 pan

### Nutrition Facts:

Calories: 230

Fat: 14 g

Saturated Fat: 6 g

Sodium: 490 mg

Total Carbohydrates: 9 g

Fiber: 2 g

Protein: 17 g



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**Nutrition Services**

Recipe modified from: Swiss Chard Frittata. Capital Area Food Bank. Web. Assessed 6/15. [www.capitalareafoodbank.org/recipes](http://www.capitalareafoodbank.org/recipes)

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