

## SWISS CHARD FRITTATA

*Adapted from Skinny Taste*

### Ingredients

- 6 eggs
- 1/3 cup grated Swiss cheese
- 1/2 teaspoon salt, divided
- 1/4 teaspoon black pepper
- 1/2 bunch swiss chard, washed
- 3 teaspoons butter, divided
- 2 cups white onion, thinly sliced (about 2/3 large onion)

### Instructions

Set oven to 400°. In a medium bowl combine eggs, cheese, and 1/4 teaspoon of salt plus the black pepper. Set aside.

Fold the swiss chard in half along the stem and use a knife to separate the stems from the leaves. Dice the stem into small pieces and place in a small bowl. Roll up the leaves and slice into thin ribbons (1/8-inch thick) and place in a separate bowl.

Heat a 10-inch skillet on low heat. Melt 1 teaspoon of butter and add the onions with a pinch of salt (1/8 teaspoon). Sauté, stirring occasionally, until the onions become translucent (about 8 to 10 minutes).

Bring the heat up to medium and continue cooking onions until they begin to caramelize. Set onions aside in separate bowl, then increase the heat to medium-high, adding remaining butter, diced chard stems, and another pinch of salt (1/8 teaspoon).

Cook 3 to 4 minutes, then add the chard leaves and cook until wilted (about 2 to 3 minutes). Reduce heat to low. Pour egg mixture into the skillet and add caramelized onions and mix well. Once combined, cook in the skillet undisturbed until edges set (about 6 to 8 minutes).

When the bottom and edges are set, place skillet in the oven and bake until completely set through (about 5 minutes). Remove from the oven and place a dish over the pan; flip frittata onto the plate. Cut into wedges and serve.

### Note:

-Once cut into wedges, they can be easily frozen and reheated. Freeze individually and microwave for 2 to 3 minutes (or until warmed thorough) for a quick meal.

**Yield:** 6 servings



### **NUTRITION FACTS PER SERVING**

CALORIES: 160

PROTEIN: 9 grams

SODIUM: 380 milligrams

CARBOHYDRATE: 7 grams

FIBER: 2 grams

FAT: 11 grams

SATURATED FAT: 5 grams