



BeFit

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Swiss Chard Frittata

Adapted from [Skinny Taste](#)

6 eggs
1/3 cup grated swiss cheese
1/2 teaspoon of 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 INFORMATION PER SERVING:

CALORIES: 160 calories

PROTEIN: 9 g

SODIUM: 375 mg

CARBOHYDRATE: 7 g

FIBER: 2 g

FAT: 11 g

SAT FAT: 5 g