

# Chard and Tomato Frittata

Adapted From – *Moosewood Low-Fat Favorites*

4 cups spinach or chard leaves - diced  
4 cloves garlic – pressed  
1 cup chopped onion  
4 tsps olive oil  
5 whole eggs  
3 Tbsp chopped fresh basil  
1 medium tomato – sliced  
salt & pepper to taste

- In a 10 or 12 inch skillet, saute the onion in 2 tsps olive oil until soft about 3 minutes.
- Add the spinach or chard, lower heat, cover and simmer for about 5 minutes.
- Remove from heat and drain if extra juicy.
- In a large bowl, beat the eggs, basil, salt and pepper until blended.
- Stir in the spinach or chard.
- To cook add 2 tsp of oil to skillet and heat over medium heat.
- When hot add egg mixture, cover and cook for 5-8 minutes until bottom is starting to brown.
- Place tomato slices on top.
- Broil in oven until eggs are firm and tomatoes are soft.



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