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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