



Swiss Chard and Goat Cheese Frittata

What you'll need:

- 8 large red Swiss chard leaves with stems
- 2 Tbsp extra-virgin olive oil
- 1 red onion (medium sized), thinly sliced
- ½ tsp salt
- 2 Tbsp fresh rosemary, minced
- 1Tbsp garlic, coarsely chopped
- 8 large eggs
- Freshly ground black pepper
- 4 oz goat cheese, crumbled

What you'll do with it:

- Wash the Swiss chard; cut off stems, mince, and set aside. Roughly chop the leaves.
- Heat 1 Tbsp olive oil in a 9-inch skillet that's ovenproof. Add onion, ¼ tsp of salt, and rosemary. Sauté 10 mins over medium heat, until the onions are starting to brown.
Stir in the chard leaves and the remaining ¼ tsp salt. Sauté 2 mins, or until the greens are wilted. Remove from heat, stir in garlic and chard stems, and set aside.
- Whisk eggs in a bowl. Add the Swiss chard mixture and goat cheese, and stir to combine.
Rinse/wipe skillet clean. Turn on the broiler, then heat the remaining tablespoon oil in the same skillet over medium heat. When the oil is hot, pour in the frittata mixture and cook for 4 mins, or until the eggs are set on the bottom.
- Transfer the skillet to the preheated broiler and broil for about 3 mins, or until the frittata is firm in the center and golden brown on top. Use a spatula to loosen the frittata from the skillet and flip it over onto a large round plate.
- Cut into wedges and serve. May be served hot or cold.

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