



UNIVERSITY OF DELAWARE
**COOPERATIVE
EXTENSION**



Swiss Chard Frittata

Servings

8 servings

Ingredients

- 7 large eggs
- 3 scallions, sliced
- ¼ cup parmesan cheese
- ¼ teaspoon pepper
- 1/8 teaspoon salt
- 2 tablespoons olive oil
- 4 cups swiss chard leaves without stems (1 bunch)
- 3 cups frozen shredded hash brown potatoes, defrosted

Directions

1. Position oven rack in upper third of the oven. Preheat broiler on high.
2. Whisk together eggs, scallions, cheese, salt and pepper.
3. Heat oil in broiler safe non-stick skillet over medium high heat. Add chard and cook, stirring frequently until wilted, 2-3 minutes.
4. Stir in hash browns, pat mixture into even layer in pan.
5. Pour the egg mixture into the pan and evenly spread to the edges. Cook over medium heat lifting edges with the spatula to allow uncooked egg to flow under until set around edges, about 3-4 minutes.
6. Place pan in broiler until top is cooked and golden brown, 3-4 minutes. Let stand 5 minutes.
7. To release frittata, run spatula around edges, then underneath. Cut in wedges and serve.

Nutrient content per serving

- Calories- 184
- Carbs- 17g
- Protein- 8g
- Fat- 10g
- Sodium- 204mg
- Fiber- 2g

Recipe compliments of Gail Hermenau, University of Delaware Cooperative Extension Master Food Educator, Master Gardener and Master Composter

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