Swiss Chard Frittata

Ingredients
- 1 Tbsp olive oil
- 1/2 cup onion, diced
- 1/2 cup mushrooms, thinly sliced
- 2 cups young swiss chard leaves, chopped
- 12 each eggs, beaten
- 1 tsp salt and pepper
- 1 Tbsp fresh oregano

Equipment Needed
- 1 chef’s knife and whisk
- Muffin tin
- Muffin liners
- Mixing bowl
- Measuring cup or spoon

Directions
- Preheat oven to 350 degree F; line muffin tin with liners
- Place oil in large pot on medium heat
- Add onions and cook until they start to caramelize
- Add the mushrooms and cook until softened
- Add chard leaves and cook until softened
- Whisk together eggs with seasonings
- Scoop equal amounts of the veggies into each well of the muffin tin
- Scoop 1/4 to 1/2 cup of the eggs into each well of the muffin pan
- Place pan in oven and cook until the edges start to become golden brown, about 20 min

Helpful Tips
- You can add a dash of salt and milk to your eggs before beating them to make them fluffy.
- To make this dish more savory, you can add 1/2 cup cheese to the egg mixture or sprinkle it on top before you bake.
- You can also cook and bake this recipe in an oven-proof skillet.

Nutrition Information Available Upon Request
www.nourishprogram.org