

SIMPLE VEGGIE FRITTATA

Frittatas are everything we love about quiche, without the hassle of a crust. Fluffy eggs, fresh veggies & herbs, and a sprinkle of flavorful Parmesan cheese make this easy weeknight meal a standout. While eggs are often thought of for breakfast or brunch, this delicious, healthy, and affordable dish makes a great dinner when paired with a simple salad or as leftovers for lunch the next day!



Photo from thekitchn.com

Ingredients

- 1 onion or bunch green onions
- 2 tomatoes
- 1 bunch dark leafy greens (kale or chard work well)
- 2 cloves garlic
- 2 Tablespoons fresh dill
- 12 eggs
- 2 Tablespoons olive oil
- 1/2 cup grated Parmesan
- Salt and pepper

Equipment:

- 1 large mixing bowl
- med - large skillet

PREPARATION: 10 MIN

COOKING: 15 MIN

READY IN: 25 MIN

MAKES 6 SERVINGS

Directions

Read through entire recipe before getting started.

Wash and dry all produce. Preheat oven to 350 degrees.

1. Dice **onions** and **tomatoes** into 1/2 inch pieces. Remove tough stems from **dark leafy greens** and chop or tear leaves into bite-size pieces. Mince **garlic cloves** and **fresh dill**.
2. In a mixing bowl, beat together **eggs**, a pinch of **salt and pepper**, and minced dill.
3. Heat **olive oil** over medium heat in a medium skillet and saute onion, tomato, minced garlic and leafy greens for about 2 minutes or until softened.
4. Add vegetables to the egg mixture and wipe out skillet. Heat another Tablespoon of olive oil and tilt skillet to coat the bottom. Pour in the egg/veggie mixture and top with **parmesan cheese**.
5. Transfer the fritatta into the preheated oven and bake until puffy, starting to brown and eggs are set, about 10-12 minutes.

Slice into wedges to serve. Enjoy!

Tips, Tricks, and Terms

Eggs are so nutritious they're sometimes referred to as "nature's multivitamin." One large egg is a good source of B vitamins, vitamin A, selenium, and small amounts of almost every vitamin and mineral required by the human body.

After all, they are responsible for turning a single fertilized cell into an entire baby chicken...! And at an average of \$0.12 per egg, they're a great value and one of the best sources of protein available.



Image from prevention.com

A little about...

RAINBOW CHARD: a powerhouse leafy green, chard is an excellent source of vitamins K, A, and C. It's also a good source of potassium, iron, magnesium & dietary fiber.

SKILLET: a shallow round frying pan used on the stove top.

FRITTATA: an egg-based dish similar to an omelette, with meat, cheese, and vegetables incorporated and baked into the egg mixture, rather than folded in the center.



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