

Chard, Tomato, and Zucchini Frittata

Prep Time 15 mins
Total Time 30 mins

Meal Type Breakfast
Contributed By



Source [Living Plate](#)

Servings 3



Ingredients

- 1 Tbs olive oil
- 1/2 cup onion, *chopped*
- 2 Cloves garlic, *minced*
- 1 zucchini, *chopped*
- 2 cup cherry tomatoes
- 2 cup Swiss chard, *tough spines removed and leaves shredded*
- 6 eggs, *whisked*
- salt, *pinch*

Directions

Prep

1. Chop onion, zucchini, tomatoes, and chard.
2. Mince garlic.
3. Whisk eggs.
4. Preheat oven to 350°F.

Make

1. In an oven-safe, non-stick skillet, heat olive oil. Sauté zucchini and tomatoes until they begin to brown. Add chard and sauté for a few more minutes until wilted.
2. Add onions and garlic and continue to sauté until soft and fragrant.
3. Push vegetables around pan to distribute evenly.
4. Whisk salt into eggs and pour over vegetables. Place in oven for 8-10 minutes until cooked through.
5. Remove frittata from oven and let stand for a few minutes. Remove from pan and slice to serve.
6. If desired, sprinkle with 2 tablespoons of cheese [feta or parmesan] when you remove from oven and let melt before serving.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

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