

The Farm at St. Joe's

Swiss Chard Frittata

Ingredients

1 bunch Swiss chard, washed and roughly chopped
2 Tablespoons olive oil
2 small shallots, thinly diced
6 large eggs
4 cloves finely chopped garlic
¼ cup grated Parmesan cheese
Pinch of cayenne pepper
Dash of salt and pepper



Directions

- 1) Preheat oven to 350 degrees.
- 2) Over medium heat, warm the olive oil in a large skillet.
- 3) Add shallots and sauté until tender (about 6 minutes).
- 4) Add Swiss chard, add dash of salt, and sauté until tender (about 6 minutes).
- 5) In a large bowl, beat eggs with the cheese and garlic; season with cayenne pepper and dash of black pepper.
- 6) Add eggs to the skillet, reducing the heat to medium low; cook until eggs set around the edges (about 5 minutes).
- 7) Transfer skillet to the oven and cook until all of the mixture sets (about 8 to 9 minutes).
- 8) Let skillet cool briefly; cut into wedges and serve right away.

Local Is Better

Eating local is healthier. Local produce contains more vitamins and minerals than supermarket produce which has been shipped from far distances. At The Farm at St. Joe's all of our produce is grown without the use of pesticides and is harvested by hand.

If you are interested in volunteering at The Farm at St. Joe's, call 734-712-HOOP (4667). For more information on nutrition, call St. Joseph Mercy Nutrition Services at 734-712-5800.

Like this Recipe?

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