## Rainbow CHARD, Pumpkin & Feta Frittata

**Ingredients**

* 1 brown onion, diced finely
* 2 cups (packed) chopped chard leaves and stems
* 1/2 cup chopped coriander or parsley leaves
* 2 cups of pumpkin, cut into 1inch cubes and roasted
* 10 large eggs
* 1/2 cup greek yogurt
* 200g feta
* Salt and pepper

**Instructions**

1. Preheat the oven to 180C and grease an 8×8 baking dish with oil or line with parchment paper. Cut pumpkin and roast until golden brown (15 mins)
2. Wash and spin dry the greens before chopping into small pieces. Finely dice the onion
3. Heat a large pan over a medium heat. Add onion and saute for one minute. Add the chard and cook for a further 2 minutes or until the chard has become soft and wilted. Remove from heat and allow to cool.
4. In a large bowl, whisk the eggs and yoghurt together, season with salt and pepper.
5. Add the cooked pumpkin, rainbow chard, feta and herbs to the bowl and stir to combine.
6. Pour into the baking dish and bake on 180C **for 35 minutes** or until cooked through.
7. Remove the frittata from the oven then slice and serve!