



Rainbow Chard Frittata

Ingredients

3 cups rainbow chard and spinach, washed

3 Tbls Olive Oil (plus 2 tsp)

1 Red onion, diced

4 cloves garlic, minced

1 tsp sea salt

12 eggs

½ tsp black pepper

Pinch cayenne pepper

½ cup feta cheese, crumbled

½ cup tasty cheese, grated

METHOD

1. Removed the chard stalks and cut into small pieces. Coarsely chop the leaves.
2. Heat 1 Tbls oil in a frypan. Add the onion and chard stalks, saute for 5 mins. Add the garlic and cook for a further 4-5 mins
3. Stir in the leaves. Season with salt and cook until leaves are wilted and tender (about 5 mins more).
4. Remove from the frypan and let cool
5. Crack the eggs into a mixing bowl, add 2 tsp oil and a pinch of salt, a sprinkle of black and cayenne pepper. Beat lightly and stir in the cheeses and wilted vegetables.
6. Line a baking tray (not deep but not shallow) with a little oil and two layers of baking paper.
7. Pour the mixture into the tray and bake for 20-25 mins or until it is golden brown on top and no longer wobbly in the middle.
8. Cool, cut into 30 pieces and serve.