

CO-OP MEALS
Dinner in 30

Farmstand Frittata

Serves 4

Shopping List:

- 1 dozen eggs
- ½ cup whole milk
- 1 red onion
- 1 bunch swiss chard
- 2 ounces feta cheese
- 2-3 Mediterranean Organics sundried tomatoes
- Optional spices: Z'atar, dried basil

Prep:

Wash and destem swiss chard (see hints). Chop stems into 1-inch sections and set aside. Roughly chop leaves.

Thinly slice red onion and sundried tomatoes.

Chop feta into small cubes and set aside.

Cook:

Preheat oven to 400 °F.

Place oil in an oven-safe skillet over medium-low heat. Once hot, add spices, if using, and stir for 30 seconds. Add red onion and swiss chard stems to the pan and cook for 3-5 minutes.

Add sundried tomatoes and swiss chard leaves, in stages if needed (stir to wilt and add remaining leaves). Cook 4-6 minutes, until both leaves and stems are soft.

Meanwhile, whisk together the eggs and milk in a large bowl.

Leaving the burner on medium-low, add cheese and egg mixture to the pan once swiss chard has cooked.

Stir gently from the edges, as with scrambled eggs, until mixture begins to cook around the edges (1-2 minutes). Transfer to the oven for an additional 5-10 minutes.

Frittata is done when still slightly wiggly in the middle but not runny. Allow to rest for 5-10 minute before serving.

Tips and Hints

From Co-op Nutrition Specialist Hannah Brilling

- **Use this recipe in your batch cooking:**
Add leftover rice, croutons, meat and veggies! Simply cut all items into bite-size pieces.
- **Optional substitutions for swiss chard:**
Spinach, asparagus, broccoli, mustard greens, bok choy, kale, collard greens, etc.
- **Optional substitutions for feta cheese:**
Substitute 1/4 cup goat, 1/2 cup shredded cheddar or swiss if desired.
- **Optional toppings**
Scallions, chives, cilantro, basil, more cheese... whatever you have on hand!
- **Visit our website for how-to videos on destemming kale and other techniques:**
<http://coopnews.coop/category/nutrition/>



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