

Chard & Leek Frittata

Ingredients:

- Chard, 1 bunch
- Leek, 1
- Olive oil, 2 tablespoons
- Onion, 1 medium
- Eggs, 6
- Milk, 1 ½ cups
- Optional: ½ cup parmesan, ½ cup feta, fresh herbs
- Salt and pepper, to taste

Method:

- Preheat oven to 390 degrees.
- Clean chard, remove stems and cut into ribbons. Clean and chop leek.
- Heat oil in a large pan on medium heat and sauté chard and leek until tender, about 7 minutes. Transfer to a 9 x 9 baking dish that has been lined with baking/parchment paper.
- Whisk together eggs and milk (and optional ingredients) and pour over vegetables. Place dish in the oven and cook until puffed and slightly golden, about 30 minutes.

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