



Veggie Frittata with Greens and Goat Cheese

Prep time: 5 minutes

Total time: 20-25 minutes

Yield: 4 servings

Ingredients:

- 1 tablespoon avocado oil or olive oil
- 2 cups leftover sauteed greens (from previous recipe, 1 red onion sauteed with 1 bunch Swiss chard)
- ¼ cup red or orange bell pepper, chopped
- ¼ cup mushrooms, chopped
- 6 large eggs
- 2 tablespoons milk (dairy or non-dairy milk of choice)
- ½ teaspoon sea salt
- ½ teaspoon black pepper, freshly ground
- 2 tablespoons goat chevre
- Fresh parsley or basil for garnish (optional)
- Roasted cherry tomatoes (optional)

Directions:

1. Preheat oven to 400 degrees F.
2. Heat oil in an 8 to 10" cast iron skillet or oven-safe skillet over medium heat.
3. Add leftover sauteed greens and warm OR saute 1 red onion with 1 bunch Swiss chard until wilted and tender.
4. Add red bell pepper and mushrooms, saute for about 2 minutes.
5. In a small bowl, whisk eggs with milk. Add sea salt and pepper.
1. Pour egg mixture over sauteed vegetables in skillet. Crumble goat chevre and add to the top.
2. Put skillet in the oven. Set timer for 15 minutes or until the frittata is puffed up and the eggs are set.
3. Remove the skillet from the oven and allow to cool for a few minutes before serving.
4. Garnish with fresh herbs like basil or parsley and top with roasted tomatoes if desired. Enjoy!

Note:

- This is a great way to turn leftover greens or vegetables into a different dish worthy of breakfast, brunch, or dinner. Don't be afraid to add whatever vegetables you have on hand like asparagus or spinach.

Nutrition Facts		Amount	% Daily Value*	Amount	% Daily Value*
Amount per	191 g	Total Fat 12.6g	19%	Total Carbohydrates 7g	2%
1 serving (6.7 oz)		Saturated 4g	20%	Dietary Fiber 2g	7%
Calories 188		Trans Fat 0g		Sugars 3g	
From fat 112		Cholesterol 283mg	94%	Protein 13g	25%
		Sodium 552mg	23%		
		Calcium 10% • Iron 16%		Vitamin A 86% • Vitamin C 51%	
		* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			