

Kale & Swiss Chard Frittata

8 large eggs
1/4 cup organic whole milk
1/2 tsp sea salt, divided
1/2 tsp fresh cracked pepper, divided
1/4 cup grated mild cheddar cheese
2 T extra virgin olive oil
1/2 large sweet onion, diced
2 cups finely chopped Swiss chard
2 cups finely chopped kale leaves
2 cloves peeled garlic, minced

Preheat oven to 350 degrees. In a medium bowl, whisk together eggs, milk, 1/4 teaspoon sea salt and pepper. Add shredded cheese and mix. Set aside.

In oven-proof non-stick sauté pan heat olive oil on medium high heat and add diced onion. Sauté onions for 3-4 minutes until translucent. Add chopped Swiss chard and kale leaves and toss in pan and cook for 2 minutes to wilt before adding minced garlic and cook for additional 1 minute.

Reduce heat to medium low and add egg mixture to wilted greens. Using tongs arrange greens evenly throughout the pan. Let eggs cook for 5 minutes until they are set before transferring pan to oven and bake for 5 minutes.

Remove pan from oven and slide frittata onto serving plate. Cut into wedges to serve.

Recipe by Garden Chef Megan McCarthy



ATLANTA BOTANICAL GARDEN