

# Frittata with Feta & Greens

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Eggs are a great way to experiment with new greens! There are so many varieties out there; remember, the darker the green, the more vitamin rich! Dark green veggies are typically full of vitamin K which naturally helps to keep our blood healthy. Try our Frittata with Feta and Greens today with your favorite greens like spinach or collard greens, or try something new like Swiss chard, leeks or kale! Enjoy!

## Ingredients:

- 1 tablespoon olive oil
- 1 small yellow onion, diced or 1 leek chopped finely  
(If using leeks, make sure to wash and clean thoroughly)
- 2 cloves garlic, minced
- 4 cups leafy greens like Swiss chard or kale or spinach cut into thin ribbons
- 8 large eggs
- ¼ teaspoon black pepper
- ½ cup reduced fat feta cheese, crumbled (lowfat cheddar or mozzarella works too)
- 2 tablespoons chopped fresh parsley

## Directions:

1. Preheat oven to 350°F. Heat a large oven proof skillet over medium high heat. Add onion and sauté for 3-4 minutes until softened. Add garlic and greens and cook 3-4 minutes more until greens are wilted.
2. Meanwhile, in a large bowl, whisk together eggs and black pepper.
3. Transfer greens and onion mixture into bowl with eggs and stir to combine. Add feta to egg mixture.
4. Transfer egg mixture back into oven proof skillet, stirring to make sure the frittata doesn't stick. Place skillet in oven for 15-18 minutes until eggs are set.
5. Remove from oven, sprinkle with chopped parsley and allow to cool for 5 minutes before slicing into 8 servings. Serve and enjoy!

**Yield:** 8 servings (1 slice per serving)

**Nutrition Facts:** 115 Calories; 8 g Fat (3 g Saturated Fat; 0 g Trans Fat); 183 mg Cholesterol; 192 mg Sodium; 3 g Carbohydrate (1 g Fiber, 1 g Sugar, 0 g Added Sugar); 8 g Protein; 21% Daily Value (DV) Vitamin A; 10% DV Vitamin C; 7% DV Vitamin D; 9% DV Calcium; 7% DV Iron; 3% DV Potassium