

## Vegetable Frittata

*This frittata contains a generous amount of vegetables and fresh herbs. The vegetables can be prepared in advance, so it takes less time to finish the dish if you're cooking brunch for company. Serve with toasted baguette slices.*

### INGREDIENTS:

- 1 small zucchini
- ½ bunch chard
- ½ tablespoon olive oil
- ½ cup chopped yellow onion
- Kosher salt and pepper to taste
- 1 tablespoon minced fresh dill
- 1 tablespoon minced fresh parsley
- 8 large eggs
- 2 teaspoons heavy cream (optional)
- ½ cup chopped jarred or canned plain artichoke hearts, rinsed and drained
- 2 green onions (green part only), thinly sliced
- ½ to ¾ cup grated Gruyere
- ½ cup sour cream (optional)
- 1-2 ripe tomatoes (optional)

**INSTRUCTIONS:** Cut the zucchini lengthwise and then into

¼-inch-thick half-moons; set aside. Cut the tough rib from each chard leaf, then cut enough leaves crosswise into ¼-inch-thick ribbons to make about 2 cups. Rinse in several changes of water and drain well.

Preheat the oven to 375°. Heat the oil in a 10-inch ovenproof nonstick skillet over medium heat. Add the onion and saute until it starts to soften. Add the chard and zucchini. Season with salt and pepper. Saute until the vegetables are cooked and the moisture has evaporated. Stir in 2 teaspoons of the dill and 2 teaspoons of the parsley.

Meanwhile, whisk together the eggs and cream in a medium bowl.

Add the artichokes, green onions and about half of the cheese to the vegetables in the skillet. Pour in the eggs and stir

lightly. When the eggs start to set, use a heat-resistant plastic spatula to lift the edges of the frittata, tilting the pan so the uncooked egg flows under the edge.

When the eggs are almost fully cooked, sprinkle the rest of the cheese on top and place in the oven until the frittata is done and cheese is melted and lightly browned, about 5 to 7 minutes.

Divide into portions, top each portion with an optional tablespoon of sour cream; optional tomatoes — either sliced or in small dice — provide a bit of color and extra flavor. Garnish with remaining chopped herbs.

Serves 4 to 6

**PER SERVING:** 165 calories, 12 g protein, 5 g carbohydrate, 11 g fat (4 g saturated), 293 mg cholesterol, 206 mg sodium, 1 g fiber.