

# Swiss Chard Frittata in a Pita



*This dish makes a delicious quick meal or snack. If you don't have any pita bread on hand, serve it with whole-grain toast.*

### TIPS

*Chopped fresh spinach can easily be substituted for the Swiss chard. Experiment with other greens, too, such as collard greens, kale, mustard greens, dandelion greens and rapini; they are all great substitutes for the chard in this recipe.*

4	eggs .....	4
1 tbsp	water .....	15 mL
1 tsp	olive oil .....	5 mL
1/4 cup	chopped onion .....	50 mL
1/2 tsp	minced garlic .....	2 mL
2 cups	packed chopped Swiss chard .....	500 mL
2 tbsp	chopped fresh basil .....	25 mL
	(or 1/2 tsp/2 mL dried)	
1/4 cup	grated Parmesan cheese .....	50 mL
2	small (6-inch/15 cm) pita breads .....	2

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*Continued...*

1. In a small bowl, whisk together eggs and water. Set aside.
2. In a small (8-inch/20 cm) nonstick skillet, heat oil over medium-high heat. Add onion and garlic; cook for 1 to 2 minutes. Stir in chard and basil (it will cook down; if necessary, add it in 2 batches); cook for 3 to 4 minutes or until chard is wilted. Remove from pan; set aside.
3. Wipe skillet and place over medium heat. Add half of the chard mixture and half of the egg mixture. Cook for 3 to 5 minutes or until browned on the bottom but still not completely set on top; sprinkle with half of the cheese. Flip frittata over; cook for 1 to 2 minutes or until browned and completely set. Remove from pan and cut in half. Repeat with remaining ingredients to make second frittata.
4. Cut pitas in half; place frittata halves inside each half.

## DIETITIAN'S MESSAGE

*While this dish is already a good source of fiber, you can increase the fiber by using whole-wheat pita bread instead of white pita bread.*

## Diabetes Food Choice Values Per Serving

2 1/2 Carbohydrates

3 1/2 Meat and Alternatives

## NUTRIENTS Per Serving

Calories: 400	Protein: 24 g
Fat: 16.5 g	Carbohydrate: 38 g
Saturated Fat: 5.6 g	Fiber: 2 g
Sodium: 694 mg	

**Very high in:** vitamin A, thiamine, riboflavin, niacin, folacin, vitamin B12, pantothenic acid, magnesium, iron

**High in:** calcium, zinc

**Source of:** vitamin C, vitamin B6, fibre