



*Simple,  
Seasonal,  
Sustainable*

## Recipe of the Week

# ***Chard and Wheat Berry Frittata***

### **Ingredients:**

- 1 pound chard, preferably rainbow chard
- 1 tablespoon olive oil
- 1 small onion, finely chopped
- 3 garlic cloves, finely chopped
- 6 large eggs
- 1 1/2 cups cooked wheat berries
- 1 1/3 cup freshly shredded Parmesan cheese
- 1/2 teaspoon salt
- Freshly ground black pepper to taste
- Cooking spray
- 6 rainbow cocktail tomatoes or cherry tomatoes, cut in half

Serves 6

*Nutrition: 294 calories, 9 g fat, 3 g saturated fat, 39 g carbohydrate, 8 g fiber, 12 g protein, 502 mg sodium*

*Source: Food & Nutrition Magazine, Academy of Nutrition and Dietetics*

### **Directions:**

1. Wash the chard well and shake off excess water. Cut crosswise into 1/2-inch strips, discarding tough stems, and set aside.
2. Heat olive oil in a 10-inch skillet over medium-low heat. Add the onion and garlic, and sauté about 5 minutes or until soft. Add 2 generous handfuls of chard strips, increase heat to medium and sauté for about 5 minutes or until the chard is wilted and soft. Repeat two to three times, until all the chard is cooked.
3. Meanwhile, whisk eggs, wheat berries, grated cheese, salt and pepper in a large bowl. Add the cooked chard to the egg mixture and stir to combine.
4. Wipe out the skillet, spray with cooking spray and heat on medium-low heat. Add the egg-chard mixture and place the tomato halves, cut side up, into the top of the frittata. Cover and cook for 3 minutes.
5. Turn the broiler on high. Remove the cover from the pan, spray the top of the frittata with cooking spray or brush with olive oil, and position it 8 inches from the broiler. Broil for about 6 minutes or until the top is lightly browned.



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