



# Swiss Chard Frittata

Fall Winter Spring Summer

## NUTRITION INFORMATION

**SERVING SIZE:** 1 piece

Amount per Serving	
Calories	128 kcal
Protein	10.11 g
Carbohydrate	1.65 g
Total Fat	8.73 g
Saturated Fat	3.29 g
Cholesterol	201.42 mg
Vitamin A	926.46 IU
Vitamin C	0.51 mg
Iron	1.11 mg
Calcium	131.99 mg
Sodium	268.30 mg
Dietary Fiber	0.28 mg

**EQUIVALENTS:** 1 serving provides 2 oz equiv of meat/meat alternate.

Recipe HACCP Process: #2 Same Day Service

# Swiss Chard Frittata • 48 servings (1 piece)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
			<p>① Preheat convection oven to 325°F or conventional oven to 350°F. Coat bottom and sides of two 2-inch full hotel pans with cooking spray.</p>	
Bacon		8 slices	<p>② Cook bacon, turning occasionally, in a large skillet over medium heat until crispy, about 10 minutes. Drain on paper towel and cut into 1/8-inch pieces.</p>	
Swiss chard	1 lb		<p>③ Rinse chard but do not dry. Trim tough stem ends and discard. Cut leaves and stems into rough 1-inch pieces. Set aside.</p>	
Canola oil or vegetable oil		1/4 cup	<p>④ Heat oil in a 16-inch skillet over low heat. Add the bacon and onions. Cook, stirring occasionally, until the onions are translucent, 8 to 10 minutes.</p>	
Chopped onions		2 cups		
			<p>⑤ Stir in the chard. Cook, stirring occasionally, until the chard begins to wilt, 8 to 10 minutes. Remove from the heat and set aside.</p>	
Eggs		50 large	<p>⑥ Whisk eggs in a large bowl. Add garlic and salt. Whisk until well combined. Stir in 2 cups cheese.</p>	
Granulated garlic		2 tsp		
Kosher salt		2 tsp		
Shredded reduced-fat Cheddar cheese		2 1/4 cups, divided	<p>⑦ Divide the egg mixture evenly between the prepared pans. Evenly distribute half the chard on top of the egg mixture in each pan. Sprinkle each pan with 2 Tbsp cheese.</p>	
			<p>⑧ Bake until a knife inserted in the center comes out clean and the top is beginning to brown, 20 to 25 minutes. Cut each pan into 24 squares.</p>	

