

Three Greens Frittata

From *The Healthy Mind Cookbook*

INGREDIENTS

- 2 Tablespoons extra-virgin olive oil
- 1/2 cup diced red bell pepper
- Sea salt
- 2 cloves garlic, minced
- Pinch of red pepper flakes
- 1 cup tightly packed, finely chopped kale
- 2 cups tightly packed, finely chopped chard
- 2 cups tightly packed, finely chopped spinach
- Freshly grated nutmeg
- 10 organic eggs
- 2 scallions, minced
- 2 tablespoons chopped fresh marjoram (I did not have fresh, so I used 1 and 1/2 teaspoons ground)
- 1 tablespoon chopped fresh thyme
- 1/4 teaspoon freshly ground black pepper
- 2 ounces crumbled feta



DIRECTIONS

1. Preheat oven to 375 degrees. Lightly oil a 6 x 8 baking dish (I used 8x8)
2. Heat the oil in a large skillet over medium heat. Add chopped red bell pepper and pinch of salt and sauté for 3 minutes.
3. Add the garlic and red pepper flakes and sauté another 30 seconds.
4. Stir in the kale and another pinch of salt and continue to sauté for 5 minutes.
5. Add the chard and spinach, and one more pinch of salt, sautéing until the greens are wilted and tender, about 5 minutes more.
6. Remove from heat and add a few gratings of nutmeg. Stir to combine. Lay the cooked greens in the bottom of the prepared dish. Set aside.
7. In a separate bowl whisk eggs, scallion, marjoram, thyme, 1/2 teaspoon of salt, and pepper together.
8. Sprinkle and evenly spread feta cheese on top of greens.
9. Pour egg mixture over all and bake until the eggs are just set, 25 - 30 minutes.