

*Before you begin heat oven to 375°*

### Ingredients

- 12 eggs
- 2 Tablespoons milk
- 3 Tablespoons fresh herbs (thyme, rosemary, parsley, tarragon), chopped
- ½ teaspoon salt
- ½ teaspoon pepper
- 2 Tablespoons olive oil
- 2 Tablespoons butter
- 1 bunch leafy greens, chopped
- 2 cloves garlic, minced
- ½ Cup parmesan cheese, freshly grated, for garnish

### Directions

1. Crack eggs into a large mixing bowl.
2. Add milk, herbs, salt and pepper, and whisk together.
3. In a large ovenproof skillet, heat olive oil and butter over medium heat. Add greens and sauté until wilted, about 5 minutes.
4. Add garlic and sauté until fragrant, about 1 minute.
5. Add egg mixture to pan and cook frittata until eggs start to set and top is still runny, about 5 to 6 minutes. **DO NOT STIR THE EGGS.**
6. Transfer pan to oven and bake for 3 to 5 minutes. Remove from oven and garnish with cheese.
7. Serve and enjoy!

*\*Tip: Be sure to remove all water from your leafy greens before adding to the egg mixture. Otherwise your frittata will NOT cook!*

Chef's Choice: Add any seasonal vegetables or herbs that you like!

**Nutrition Facts:**

Food Group: Power Protein

1. Benefits of protein:

- Plays an important role in the building of healthy bones, cartilage, muscles and skin
- Repairs tissue
- Helps reduce hunger
- Helps the red blood cells carry oxygen
- Helps with hormone function
- Two sources:
  - Animal-based
    - Meat, poultry, fish, eggs and dairy products
  - Plant-based
    - Beans, grains, hemp, lentils, legumes, nuts, peas, rice and soy

2. Eat a frittata for breakfast, lunch or dinner.

3. Spinach is a great source of iron. Feel free to use straight spinach over leafy greens for a boost in iron.

4. Diced onions would be delicious in this recipe also!