

Nutritional Leafy Green Vegetables

Egg Frittata with Pesto sauce.

An Excellent source of iron and calcium.

Frittata with mixed Greens

Pre-heat to 350 deg F,

Prep Time 15 Minutes

Cook Time 40 minutes

Please check Ingredients for food ALLERGIES

Ingredients

2 Table spoons olive oil

1 Medium red onion finely diced

Pinch of red pepper flakes

1 pound mixed greens (spinach, kale, swiss chard)

10 large eggs

2 Table spoon red wine vinegar

8 Ounces partly skimmed ricotta

pinch of salt, pinch of pepper

2 Table spoons grated parmesan cheese

Method: In large skillet heat 1 table spoon of olive oil over medium heat. Add onion and cook until soft approx 4 minutes. Add pepper flakes and half of greens, cook until wilted about 5 minutes. Place sautéed greens in colander, repeat with remaining greens. Cool slightly and squeeze dry, place in bowl. In large bowl whisk together eggs, parmesan, salt and pepper until smooth. Add to the bowl of greens, vinegar and ricotta, stir to combine then fold greens into egg mixture. In skillet heat 1 table spoon of olive oil over medium heat. Pour egg mixture into pan and cook until sides are set, about 5 minutes. Transfer to oven and bake for about 15 minutes. Remove from oven onto serving platter, serve with Pesto sauce.

To make Pesto Sauce: Ingredients

1/3 cup olive oil

1 cup fresh basil leaves

3/4 cup fresh parsley leaves

1/4 cup fresh mint leaves

1 clove of garlic

1 table spoon pine nuts

Method:

Combine basil, parsley, mint leaves, garlic pine nuts in food processor until coarsely chopped.

With processor on the slowest setting add oil, salt and pepper.

Serve with Frittata eggs and dark leafy vegetable greens.