

Triple Greens Frittata

MAKES 6 SERVINGS • PREP TIME: 15 minutes • COOK TIME: 40 minutes

A frittata is an Italian omelet but, unlike the French version, you don't have to figure out how to do that

funky half-flip with the eggs in the pan. Frittatas bake, and in Italy they're often eaten at room temperature: they really are a good on-the-go food. The eggs are also a great binder for the greens, which include kale, chard, and spinach. Add some red bell pepper, marjoram, thyme, and feta, and you've

got a super protein hit for lunch on the go—just the thing to keep your brain working optimally throughout the day.

2 tablespoons extra-virgin olive oil
½ 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
1 tablespoon chopped fresh thyme
¼ teaspoon freshly ground black pepper
2 ounces crumbled feta

Preheat the oven to 375°F. Lightly oil a 6 by 8-inch baking dish.

Heat the oil in a large skillet over medium heat. When it's shimmering, add the bell pepper and a pinch of salt and sauté for 3 minutes. Add the garlic and red pepper flakes and sauté until fragrant, another 30 seconds or so. Stir in the kale and another pinch of salt and continue to sauté for 5 minutes. Add the chard and spinach, and one more pinch of salt, sautéing until the greens are wilted and tender, about 5 minutes more. Remove from the heat and add a few gratings of nutmeg, stirring to combine.

Whisk the eggs, scallions, marjoram, thyme, ½ teaspoon of salt, and the pepper together in a large bowl. Lay the cooked greens along the bottom of the prepared dish and top them with the crumbled feta. Pour the egg mixture over and bake until the eggs are just set, 25 to 30 minutes.

- Anything goes with frittatas. Turn leftover sautéed greens or roasted vegetables into a frittata.
- Bake in muffin tins for portability.
- Good for a crowd or potluck.
- Serve room temp, cold or reheated.
- [Read](#) about how easy it is to assemble.