

Swiss Chard, Leek and Sweet Potato Frittata

Ingredients:

- 1 tbsp olive oil
- 2 tbsp unsalted butter, divided
- 1 lb sweet potato, peeled and cubed (about 2 medium)
- 1 medium leek, washed
- 1 bunch rainbow chard, washed
- 8 large eggs
- 1/3 cup milk
- 1/2 tsp Dijon mustard
- 1/2 tsp dried oregano
- 1 tsp salt
- 1/4 tsp grated nutmeg
- 1/2 tsp black pepper
- 3/4 cup grated cheddar cheese



Directions:

1. Preheat oven to 375°F and line a pie dish with a 10-inch round of parchment paper.
2. Heat 1 tbsp butter and olive oil in a large skillet over medium-high heat. Add cubed sweet potato and cook for 10 minutes, stirring occasionally.
3. Chop leeks into 1/2-inch pieces (about 1 1/2 cups). Add leeks to the skillet and cook for 5 minutes, until sweet potato is soft and leeks turn bright green. Transfer mixture to the pie dish.
4. Chop chard stems into 1/2-inch pieces and slice leaves into ribbons. Melt remaining butter in the skillet, add stems, and cook for 2 minutes. Add leaves and cook until wilted. Add chard to the pie dish.
5. In a medium bowl, whisk eggs, milk, mustard, oregano, salt, nutmeg, and black pepper. Pour over vegetables in the pie dish. Sprinkle with grated cheese.
6. Bake on the top oven rack for 20–25 minutes, until puffed and firm in the center. Cool slightly before slicing and serve warm or cold.

This vegetable-packed frittata is rich in nutrients and perfect for meal prep. Sweet potatoes provide fiber and vitamin A for healthy skin and eyes, while leeks and rainbow chard are loaded with antioxidants and essential vitamins like K and C. Eggs contribute high-quality protein and choline, supporting muscle maintenance and brain health. The dish is versatile and stores well, making it a convenient, balanced meal option for busy days.

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