

BAKED CHARD WITH FETA

Ingredients:

10 Swiss chard leaves, chopped
½ cup green onion, chopped
4 eggs, beaten
½ cup feta cheese
¼ cup bread crumbs
1 Tbsp vegetable oil

Instructions:

- Preheat oven to 375 F.
- Grease a small casserole dish with a little bit of oil.
- In a bowl, mix Swiss chard, green onion, eggs, and feta cheese.
- Pour the mixture in the casserole dish. Sprinkle bread crumbs on top.
- Bake in the oven for about 30 minutes, until the egg sets.
- Cut into smaller pieces and serve with whole wheat pita.

Serves 4

Tip: this recipe works great with any green leafy vegetables, including spinach, bok choy, and kale.

Good to know

Swiss Chard is a good source of iron, vitamin K, C and Beta-carotene (converted in our bodies to vitamin A).

