



PERFECT FOR
EASTER BRUNCH

Frittata with Chard and Whole-Wheat Spaghetti

From spring through late October, when chard is at its peak, an omelet with whole-wheat pasta makes a quick and delicious supper. Use your largest shallow skillet. Serve with a salad and crusty whole-grain bread.

- 1 pound Swiss chard, trimmed and coarsely chopped
- 5 eggs
- $\frac{1}{3}$ cup 2% reduced-fat milk
- 3 tablespoons grated Parmesan cheese
- $\frac{1}{8}$ teaspoon ground nutmeg
- $\frac{1}{4}$ teaspoon salt
- Coarsely ground black pepper
- 2 cups cooked whole-wheat spaghetti (4 ounces uncooked pasta)
- 1 tablespoon butter
- 1 cup shredded provolone or mozzarella cheese

1. Rinse chard and place in a large pot with water clinging to leaves. Cover and cook over medium heat until tender, about 10 minutes. Drain thoroughly. When cool enough to handle, squeeze out excess water.
2. Combine eggs, milk, Parmesan, nutmeg, salt and pepper. Stir in spaghetti and chard.
3. Melt butter in a large ovenproof skillet. Add egg mixture; cover and cook over low heat until top is almost set, 10 to 13 minutes.
4. Preheat broiler. Sprinkle frittata with provolone cheese and broil 3 minutes, or until golden brown. Serves 5.

Per serving: 300 calories, 16g fat, 240mg chol., 20g prot., 22g carbs., 4g fiber, 680mg sodium.

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By Jean K

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