This dish makes a delicious quick meal or snack. If you don't have any pita bread on hand, serve it with whole-grain toast.

TIP

Chopped fresh spinach can easily be substituted for the Swiss chard. Experiment with other greens, too, such as collard greens, kale, mustard greens, dandelion greens and rapini; they are all great substitutes for the chard in this recipe.

DIETITIAN'S MESSAGE

While this dish is already a good source of fiber, you can increase the fiber by using whole-wheat pita bread instead of white pita bread.

Swiss Chard Frittata in a Pita

4	eggs	4
1 tbsp	water	15 mL
1 tsp	olive oil	5 mL
¼ cup	chopped onion	50 mL
½ tsp	minced garlic	2 mL
2 cups	packed chopped Swiss chard	500 mL
2 tbsp	chopped fresh basil (*or* ½ tsp/2 mL dried)	25 mL
¼ cup	grated Parmesan cheese	50 mL
2	small (6-inch/15 cm) pita breads	2

1. In a small bowl, whisk together eggs and water. Set aside.

2. In a small (8-inch/20 cm) nonstick skillet, heat oil over medium-high heat. Add onion and garlic; cook for 1 to 2 minutes. Stir in chard and basil (it will cook down; if necessary, add it in 2 batches); cook for 3 to 4 minutes or until chard is wilted. Remove from pan; set aside.

3. Wipe skillet and place over medium heat. Add half of the chard mixture and half of the egg mixture. Cook for 3 to 5 minutes or until browned on the bottom but still not completely set on top; sprinkle with half of the cheese. Flip frittata over; cook for 1 to 2 minutes or until browned and completely set. Remove from pan and cut in half. Repeat with remaining ingredients to make second frittata.

4. Cut pitas in half; place frittata halves inside each half.

PER SERVING	
Calories: 431	
Dietary Fiber: 4 g	Carbohydrate: 43 g
Fat: 17 g	Protein: 27 g

Light Meals and Healthy Snacks