



# RICE AND GREENS FRITTATA

## QUICK INFORMATION

TIME



50 MIN

SERVES



7

CALORIES



210

GLUTEN FREE



RECIPE

VEGETARIAN



RECIPE

## INGREDIENTS

Frittata:

1 cup of cooked Lundberg Organic Quinoa & Rice - Spanish Style side dish or your favorite variety 1 bunch of Rainbow Chard, ribs removed from leaves 2 cloves garlic, minced 1 teaspoons olive oil (use the oil from the sun-dried tomatoes!) 7 eggs ¼ cup of milk Salt and black pepper

Sun-dried Tomato and Balsamic Compote:

½ cup of sun-dried tomatoes packed in oil, coarsely diced  
1 Tbsp balsamic vinegar 1 Tbsp brown sugar ⅛ tsp salt  
1-2 Tbsp water

## NUTRITIONAL FACTS

Serving Size: 1/7 recipe (139g)

### AMOUNT PER SERVING

**Calories** 210      Calories from Fat 90

**Total Fat** 10g  
Saturated Fat 2.5g  
Trans Fat 0g

**Cholesterol** 220mg

**Sodium** 400mg

**Total Carbohydrate** 18g  
Dietary Fiber 2g  
Sugars 7g

**Protein** 10g

## PREPARATION

Preheat oven to 400°F. Thoroughly grease a non-stick 9" cake pan with cooking spray or oil.

Slice rainbow chard rib into small pieces and cut leaves into 1" wide ribbons.

In a medium skillet, heat olive oil over medium heat. Add the sliced chard ribs and sauté until tender about 5 minutes. Add the chard leaves and sauté until wilted, about 3 minutes, add minced garlic, pinch of salt and pepper and cook for an additional minute.

in a large bowl, beat eggs until slightly frothy, add 1/4 teaspoon of black pepper, 1/4 teaspoon of salt, and milk. Stir in rice and sautéed chard.

Pour mixture into prepared cake pan and bake for 15-20 minutes or until golden brown and slightly puffed.

While the frittata bakes, blend together the ingredients for the compote until fairly smooth and homogenous, start

with 1 Tbsp of water and if it is too thick add the other.

Remove frittata from the oven, and allow to cool for 5 minutes before removing from pan.

Cut frittata into wedges and serve with a dollop of sun-dried tomato and balsamic compote.

Enjoy!