

CHARD FRITTATA

1 bunch chard, washed and coarsely chopped
2 eggs
1 clove garlic, finely chopped
¼ cup onion, chopped
1 tablespoon extra virgin olive oil
Celtic sea salt and fresh black pepper to taste
½ cup soft tofu
2 tablespoons Parmesan cheese, grated

Garnish:

1 avocado, cut into wedges
1 tomato, cut in wedges

Preheat the oven to 400 F°.

Put the garlic, onions and olive oil in an oven proof sauté pan and cook over medium heat until the onions become limp.

Add the chard, salt and pepper and sauté them until the chards are soft.

Lightly beat eggs, salt, pepper, tofu and Parmesan cheese in a bowl. Pour the mix evenly over the vegetables and put it in a 400° F preheated oven for 5 to 7 minutes.

Slide the frittata onto a platter and cut into wedges. Garnish with avocado and tomato wedges. Serve immediately.