

# Swiss Chard and Scape Frittata

Green Meadows Farm  
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Scapes are the flower stalks found on members of the Allium family (onions, leeks, chives, and garlic). Garlic scapes, which only appear on hard neck garlic varieties, curl upward as they grow, ultimately straighten, and then grow little seed-like bulbs. When the garlic scapes are still in full curl, they are tender and delicious! Most people only use the bulbs and they're throwing away the tops. Scapes have a milder flavor without the hot garlic "bite".

## Swiss Chard and Scape Frittata

**Serves 4**

8 farm fresh eggs  
1 Tablespoon chopped fresh parsley or fresh basil  
Salt and pepper to taste  
2 Tablespoons olive oil  
4 finely chopped garlic scapes  
1 bunch of chard, stalks removed, and coarsely chopped  
1/2 c. grated parmesan cheese

Preheat broiler

Beat together eggs, salt, pepper and chopped herbs in a bowl  
Heat a large oven proof non-stick skillet over medium high heat  
Add olive oil  
Sauté garlic scapes until soft, 2-3 minutes  
Add chard and sauté until wilted, 2-3 minutes  
Add egg mixture and cook until eggs begin to set about 10 minutes, reduce heat as eggs begin to firm  
Remove from heat and top with grated parmesan cheese  
Place under broiler and cook until top is brown and middle is firm, 2-3 minutes  
Cut into wedges and serve