



# BAKED EGGS WITH VEGETABLES

## WHAT YOU NEED

### Frittata Filling

- 8 ea. Eggs
- 3 Tbsp. Milk
- ½ tsp. Salt
- 1 tsp. Thyme leaves, minced
- as needed Olive oil, for greasing
- ½ cup Bread crumbs, toasted

### Sautéed Chard

- 2 tsp. Garlic, minced
- 1 Tbsp. Olive oil
- 3 cups Swiss chard, stemmed and chopped
- ¼ tsp. Red pepper flakes

- 1 cup Quinoa, cooked
- 1 small Tomato cut into dice
- 1 cup Black beans, drained and rinsed
- 1½ cups Roasted red peppers peeled and diced
- 1 cup Ricotta
- ½ cup Pecorino cheese, grated



**Cook Time:** 25 to 30 minutes  
**Makes:** 12 muffins

## HERE'S HOW

1. Preheat the oven to 350°
2. *For the eggs:* Whisk the eggs in a medium bowl with the milk, salt, and thyme until well combined; set aside.
3. *For the muffin tins:* Grease the muffin tins with some of the olive oil and dredge with the toasted bread crumbs.
4. *For the chard:* In a 10-inch nonstick skillet, cook the garlic in 1 tablespoon of olive oil over medium-high heat for 30-50 seconds. Add the chard and red pepper flakes and cook until wilted, 1 to 2 minutes. Cool completely
5. *Assembly:* Place about 1 tablespoon of the cooked chard in the bottom of each muffin tin, and sprinkle some of the cooked quinoa on the top of this. Add the tomatoes, black beans, and peppers to the eggs and mix to combine; ladle some of this on top of the quinoa and chard mixture. Sprinkle with the ricotta and pecorino and bake until they are set in the center, about 25 to 30 minutes.



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professional experience as a  
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## BAKED EGGS WITH VEGETABLES

Eating a variety of healthy foods is recommended for individuals with diabetes or who are at risk of developing diabetes. Aiming to eat fiber-rich carbohydrate foods in relatively similar amounts every day helps to keep blood sugar levels steady. Rounding out each meal with lean sources of protein and healthy fats is a smart approach to balance carbohydrate intake and meet daily nutrient needs. Eggs fit perfectly into this eating plan! They contain high-quality protein that helps control appetite, boost satiety, and provide sustained energy. Eggs are a delicious “anytime” food, low in carbohydrate and portion-controlled. And they are the perfect accompaniment to fiber-rich plant-based foods such as Swiss chard, quinoa, and black beans.



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