

Swiss Chard Crust less Tart
Phase 3 & 4

Serves 8 appetizer or 4 Main-Course Servings

Use Muffin Tins
Preheat oven to 350*

1 pound Swiss chard, stems and ribs removed

1 ½ tablespoon coconut oil
1 garlic clove, minced

1 15 oz. container whole-milk ricotta cheese
½ cup freshly grated Parmesan cheese
3 large eggs
½ teaspoon salt
¼ teaspoon ground pepper
¼ teaspoon minced fresh thyme
¼ teaspoon minced fresh oregano
¼ teaspoon grated nutmeg

1. Cook on low the chard on stove top until wilted, cool then chop.
2. Heat coconut oil in heavy large skillet over medium heat. Add garlic, sauté 1 minute. Add chard, sauté until excess liquid evaporates, about 5 minutes.
3. Add chard mixture to large bowl. Cool slightly. Mix in ricotta and next 7 ingredients.
4. Position rack in bottom third of oven; preheat to 350* F. Fill baking dish with mixture.
5. Bake 25-30 minutes until it is golden brown on top and there is no wiggle in the middle when shaking the dish ever so slightly. Cool 10 minutes.
6. Transfer to platter. Cut into wedges and serve.