

## RECIPE: FRITTATA WITH RAINBOW CHARD AND GOAT CHEESE

### CHEESE

Goat cheese, 3 oz.

### CONDIMENTS & OIL

Olive oil, 1 fl oz.

### DAIRY

Egg, 8

### FRUITS

Lemon zest, 0.08 oz.

### SPICES & SEASONINGS

Salt, to taste

Red pepper flakes, to taste

Pepper, to taste

### VEGETABLES

Green onion, 4

Rainbow chard, 1 bunch

Green garlic shoots, 4