

# Swiss Chard, Leek and Sweet Potato Frittata

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-chard-sweet-potato-recipe>

## Ingredients:

- 1 tablespoon olive oil
- 2 tablespoons unsalted butter divided
- 1 pound sweet potato peeled and cubed, about 2 medium
- 1 leek medium, washed and drained
- 1 bunch rainbow chard washed and drained, if required
- 8 large eggs
- 1/3 cup sour cream or milk or milk of choice
- 1/2 teaspoon Dijon mustard
- 1/2 teaspoon dried oregano or 1 tsp chopped fresh
- 1 teaspoon fine sea salt
- 1/4 teaspoon freshly grated nutmeg
- 1/2 teaspoon freshly ground black pepper
- 3/4 cup grated cheddar cheese or cheese of choice, ricotta, Parm, etc