



Discover a New Veggie!



Kale Frittata!

Baked Kale Frittata

- 1 bunch of kale (3 cups chopped)
- 1 large onion
- Vegetable cooking spray
- 1 teaspoon olive or vegetable oil
- 1/4 cup water
- 5 eggs
- 1/2 cup skim milk
- 1/3 cup grated cheddar type cheese
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Preheat oven to 375 degrees. Coat a 9-inch round baking pan with vegetable cooking spray. Wash kale and tear the leaves from the stem. (Use the stems in a stir-fry.) Chop the kale and onion. Heat oil in a large frying pan over medium-high heat. Add the onion and sauté for 3-5 minutes until soft. Stir in kale and water. Cover and cook for 5 minutes. Remove from heat and allow to cool. In a large bowl, combine eggs, milk, cheese, salt, and pepper. Blend in kale mixture. Pour the mixture into the baking pan. Bake for 20 min. Remove from oven and let sit for 2-3 minutes. Slice into wedges and enjoy. Makes 6 servings.

Nutrition per serving: 110 calories, 5g fat, 1.5g saturated fat, 155mg cholesterol, 320 mg sodium, 7g carbohydrates, 1g fiber, 9g protein, 110% Vitamin A, 70% Vitamin C.