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Cornell University Cooperative Extension

Baked Kale Frittata

Ingredients:

- vegetable cooking spray
- 1 bunch kale (3 cups chopped)
- 1 large onion (1 cup chopped)
- 1 teaspoon vegetable oil
- ¼ cup water
- 5 eggs
- ½ cup skim milk
- 2 ounces low-fat cheddar cheese (1/2 cup grated)
- ½ teaspoon salt
- ¼ teaspoon pepper

Fresh Cooking Tips

- Try other fresh greens, such as spinach or collards, in this recipe.
- Chop kale quickly by stacking and rolling the leaves.
- Choose lowfat cheese to reduce the amount of fat in this recipe.

A Child Can Help

- Wash kale
- Tear leaves in pieces instead of chopping
- Set the table

Directions:

1. Preheat oven to 375. Coat 9-inch round baking pan with vegetable cooking spray.
2. Wash and chop kale. Chop onion.
3. Heat oil in large frying pan on medium-high. Add onion. Sauté 3 to 5 minutes, until soft and brown.
4. Stir in kale and water. Cover and cook 5 minutes. Remove pan from heat and allow mixture to cool.
5. In large bowl, combine eggs, milk, cheese, salt, and pepper. Blend in kale mixture.
6. Pour mixture into baking pan.
7. Bake 20 minutes.
8. Remove from oven and let set for 2 to 3 minutes. Slice into wedges.

Yields about 6 servings

Source:

GET FRESH! Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, 2001.

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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Nutrition Facts			
Serving Size 1 wedge (4.9 ounces)			
Servings Per Recipe 6			
Amount Per Serving			
Calories	110	Calories from Fat	50
% Daily Value *			
Total Fat	5g		8%
Saturated Fat	1.5g		8%
Trans Fat	0g		
Cholesterol	155mg		52%
Sodium	330mg		14%
Total Carbohydrate	7g		2%
Dietary Fiber	1g		4%
Sugars	2g		
Protein	9g		
Vitamin A	110%	Vitamin C	70%
Calcium	15%	Iron	8%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

45.9% calories from fat