

Baked Kale Frittata

Makes: 6 servings

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

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.

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 low-fat cheese to reduce the amount of fat in this recipe.

Approximate cost per recipe: \$3.45
per serving: \$.69



Nutrition Facts

Amount per		
1 serving (3.8 oz)		107 g
Calories	105	From Fat 51
% Daily Value*		
Total Fat	5.7g	9%
Saturated Fat	2g	10%
Trans Fat	0.1g	
Cholesterol	159mg	53%
Sodium	273mg	11%
Total Carbohydrates	6g	2%
Dietary Fiber	1g	3%
Sugars	3g	
Protein	8g	16%
Vitamin A	23%	Vitamin C 19%
Calcium	12%	Iron 5%

* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

