

Baked Kale Frittata

This recipe is quick and easy to prepare, and is loaded with nutrients. Try it for breakfast, lunch or dinner.

Makes: 6 servings
 Prep Time: 10 mins
 Cook Time: 30 mins

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

Ingredients

- vegetable cooking spray
- 1 bunch kale leaves (3 cups chopped)
- 1 large onion (1 cup chopped)
- 1 teaspoon vegetable oil
- 1/4 cup water
- 5 eggs
- 1/2 cup skim milk
- 2 ounces low-fat cheddar cheese (1/2 cup grated)
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Directions

1. Preheat oven to 375° F. 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. Bake 20 min.
7. Remove from oven and let set for 2 to 3 minutes. Slice into 6 wedges.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1 wedge

Nutrients	Amount
Calories:	100
Total Fat:	5 g
Saturated Fat:	1.5 g
Cholesterol:	140 mg
Sodium:	340 mg
Total Carbohydrates:	5 g
Dietary Fiber:	1 g
Total Sugars:	2 g
Added Sugars:	0 g
Protein	8 g
Vitamin D	1 mcg
Calcium	103 mcg
Iron	1 mg
Potassium	136 mg

Utensils Needed

- Cutting board
- Sharp knife
- Measuring cups & spoons
- Large mixing bowl
- Large frying pan
- 9-inch round baking pan

SHOPPING LIST

Average total cost without oil and seasonings: \$9.50

Average cost/serving: \$1.58

Recipe Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
1 Bunch Kale Leaves



Add 1 to Cart
1% Milk, 0.5 gallon



Add 1 to Cart
1 Large Onion



Add 1 to Cart
Reduced 2% Fat Shredded Cheddar
Cheese, 8 oz bag



Add 1 to Cart
Large Grade A Eggs, 12 ct

SAVE TIME, SAVE MONEY

Produce Tips: Kale

- For the best deals, buy in season during cooler fall months or on sale
- Smaller leaves are more tender and milder in flavor
- Refrigerate for 3-5 days, possibly in the crisper drawer
- The flavor becomes stronger and more bitter the longer it's stored
- Find more kale tips in our Kale Tips & Tricks Video

Cooking Tips

- Try other fresh greens, such as spinach or collards
- Chop kale quickly by stacking and rolling the leaves.
- A child can help: Wash kale & tear leaves in pieces instead of chopping

My Cooking Notes