

RECIPES

Garden Frittata with Kale



Ingredients (2 servings)

- 2 large eggs
- 1/8 teaspoon ground black pepper
- 1/8 teaspoon salt
- 1 medium unpeeled red or white potato, washed
- 1/2 tablespoon olive oil
- 2 cups Italian kale or other kale variety, washed
- 2 tablespoons chopped onion
- 1/4 red bell pepper, washed and chopped

Healthy add-in: chopped green onions, fresh asparagus, tomatoes or basil.

Nutrition Information per serving

195 calories, 8.5 g fat, 2 g sat fat, 9.3 g protein, 21 g carbohydrate, 2.7 g fiber, 243 mg sodium

Instructions

1. Thoroughly wash hands for 20 seconds and clean all food preparation surfaces.
2. Beat eggs, pepper and salt in a large bowl. Set aside.
3. Microwave potato until slightly soft but not completely cooked, then cube. (Alternate method without microwave: cube potato and boil 5 minutes until slightly soft; drain.)
4. Chop remaining vegetables into small pieces while potato cools. Mix all vegetables together.
5. Heat oil in a medium-sized non-stick skillet. Sauté vegetables for 5-8 minutes; add to eggs and mix well.
6. Pour egg-vegetable mixture into the same skillet. Cook over low to medium heat until eggs are almost set, about 8-10 minutes.
7. Cover and let sit until eggs are completely set, about 5 minutes. Serve immediately.

KALE

Choose: crisp, deeply colored leaves (beware of yellow or brown patches) and moist, hardy stems.

Store: in a plastic bag, removing as much of the air from the bag as possible. Kale will keep in the refrigerator for a week or more. Do not wash before storing.

How much? 1 bunch of kale weighs about 1 pound.