



Sun-Dried Tomato and Kale Frittata

6 servings

1/6 potato per serving

INGREDIENTS

- 1 1/2 teaspoons olive oil
- 1/2 medium red onion, diced
- 2 packed cups kale, roughly chopped
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 8 large eggs
- 1/4 cup low-fat milk
- 1/4 cup sun-dried tomatoes, chopped
- 1/4 cup reduced-fat feta crumbles

DIRECTIONS

1. Preheat the oven to 350°F.
2. Heat the olive oil in a cast iron or ovenproof skillet over medium-high heat. Once the oil is heated, add the onions and kale. Season with salt and pepper, then cook until kale reduces in volume and onions become translucent (about 5 minutes).
3. Meanwhile, crack the eggs in a mixing bowl and add the milk. Gently whisk until combined.
4. Add the sun-dried tomatoes to the kale mixture and stir to combine. Spread evenly in the skillet, then pour the prepared egg mixture over the top. Gently shake the skillet to evenly distribute the egg mixture. Top with feta cheese. Do not stir.
5. Cook on the stovetop for 2 to 3 minutes, or until the edges are set. Transfer the skillet to the middle rack of oven and cook for 12 to 15 minutes, or until the center is set and edges begin to pull away from the sides of the skillet.
6. Let cool slightly before slicing into six wedges. If storing leftovers, let cool before covering and refrigerating.

NUTRITION ANALYSIS	(PER SERVING)
Calories	144
Total Fat	8.0 g
Saturated Fat	2.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	3.5 g
Cholesterol	238 mg
Sodium	300 mg
Carbohydrates	3 g
Fiber	1 g
Sugars	2 g
Added Sugars	0 g
Protein	11 g

Dietary Exchanges: 1 vegetable, 1 lean meat, 1 fat

This recipe from the American Egg Board's Egg Nutrition Center is an American Heart Association Heart-Check Certified Recipe.

