

Garden Frittata

Rating: ★★ ★

Prep time: 25 minutes

Makes: 4 Servings

This frittata with its blend of colorful vegetables and fresh eggs makes a deliciously nutritious single-dish meal for breakfast, brunch, or supper.

Ingredients

- 4 large eggs
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon salt
- 2 medium unpeeled red potatoes
- 1/2 tablespoon olive oil
- 4 cups Italian kale, or other kale variety
- 1/4 cup chopped onion
- 1/2 red bell pepper (chopped)

Directions

1. Beat eggs, pepper, and salt in large bowl, set aside.
2. Microwave potatoes until slightly soft, but not completely cooked, then cube. (Alternate method without microwave: cube potatoes and boil 5 minutes until slightly soft, drain)
3. Chop remaining vegetables while potatoes cool. Mix vegetables together.
4. Heat oil in a 10-inch non-stick skillet. Sauté vegetables for 5-8 minutes; add to eggs and mix well.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	180	
Total Fat	7 g	11%
Protein	9 g	
Carbohydrates	22 g	7%
Dietary Fiber	3 g	12%
Saturated Fat	2 g	10%
Sodium	240 mg	10%

MyPlate Food Groups

Vegetables	1 1/4 cups
Protein Foods	1 ounce

5. Pour egg-vegetable mixture into the same skillet. Cook over low to medium heat until eggs are almost set, about 8-10 minutes.

6. Cover and let sit until eggs are completely set, about 5 minutes. Egg dishes should be cooked to 160°F.

Notes

Serving Suggestions: Serve with 8-oz glass of fat-free (skim) milk and 1/2 sliced orange.

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