Baked Kale & Broccoli Frittata
Makes 6 – 4 inch wedges servings

Ingredients:
- 2 cups kale leaves, shredded
- 1 cup broccoli, chopped
- 1 cup onion, chopped
- 3 teaspoons canola oil
- 1/4 cup water
- 6 eggs
- 1/2 cup milk
- 1 cup cheddar cheese, shredded (4 ounces)
- 1/4 teaspoon black pepper

Directions:
1. Preheat oven to 375°F. Lightly oil 9-inch baking pan.
2. Wash kale leaves thoroughly under cool running water to remove any sand or dirt that may remain in leaves. Cut kale into thin shreds.
3. Wash broccoli and remove outer layer of thick stalks with a vegetable peeler. Use broccoli florets and stalks. Chop into small, about ½ inch pieces.
5. Heat oil in skillet on medium-high heat. Sauté broccoli and onion 3 to 5 minutes.
6. Stir in kale and water. Cover and cook 5 minutes. Remove pan from heat and allow mixture to cool.
7. In large bowl, combine eggs, milk, cheese, and pepper; stir to blend ingredients.
8. Add kale and broccoli mixture to egg mixture; stir to blend ingredients. Pour into prepared pan.
9. Bake at 375°F for 25 minutes or until knife inserted in center comes out clean. Use a thermometer to test for a final temperature of 160°F in the center of the frittata.
10. Remove from oven and let set 2 to 3 minutes. Slice into wedges and serve.

Source: Cooking Up Fun! Vary Your Vegetables

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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