Baked Kale Frittata
Makes 6 wedge servings

Ingredients:
- vegetable cooking spray
- 1 bunch kale leaves (3 cups chopped)
- 1 large onion (1 cup chopped)
- 1 teaspoon vegetable oil
- ¼ cup water
- 5 eggs
- ½ cup skim milk
- 2 ounces low-fat cheddar cheese (1/2 cup grated)
- ½ teaspoon salt
- ¼ teaspoon pepper

Fresh Cooking Tips
• Try other fresh greens, such as spinach or collards, in this recipe.
• Chop kale quickly by stacking and rolling the leaves.
• Choose low fat cheese to reduce the amount of fat in this recipe

Directions:
1. Preheat oven to 375. 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.
5. Remove pan from heat and allow mixture to cool.
6. In large bowl, combine eggs, milk, cheese, salt, and pepper.
7. Blend in kale mixture
8. Pour mixture into baking pan.
9. Bake 20 minutes.
10. Remove from oven and let set for 2 to 3 minutes. Slice into wedges.

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

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

Building Strong and Vibrant New York Communities

Diversity and Inclusion are a part of Cornell University’s heritage. We are a recognized employer and educator valuing AA/EEO, Protected Veterans, and Individuals with Disabilities. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities. This material was funded by Expanded Food and Nutrition Education Program.