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 nonfat 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.