

Kale and Mushroom Frittata

6 Servings • 1 Serving = 1 Slice



INGREDIENTS

- 2 Tablespoons extra virgin olive oil, divided
- 1 cup mushrooms, thinly sliced
- ½ teaspoon less sodium soy sauce or tamari
- 2 cups kale, destemmed and finely chopped
- 6 large whole eggs, beaten
- 2 egg whites, beaten
- Salt and freshly ground black pepper, to taste
- ¼ cup crumbled feta or grated parmesan cheese

DIRECTIONS

1. Heat a large nonstick skillet over medium heat. Add 1 Tablespoon olive oil and the mushrooms. Allow to cook, without stirring until mushrooms are browned and slightly crisp, about 5 minutes. Stir in the soy sauce or tamari, allowing the sauce to coat the mushrooms. Remove the mushrooms from the skillet, trying to spoon out as much of the juices as possible.
2. Wipe the skillet with a paper towel, turn heat to medium-high, and add the remaining olive oil. Add kale and stir until kale starts to wilt. Turn heat down to medium-low and return mushrooms to the skillet, stirring well to combine.
3. Season eggs with salt and freshly ground black pepper. Pour eggs over the kale and mushrooms. Cook, uncovered, gently lifting around the edges of the frittata so that uncooked egg flows underneath. Cook 7-8 minutes or until frittata is almost firm and golden brown on the bottom.
4. Remove the skillet from the heat, sprinkle cheese on top and place under a broiler until frittata is golden brown.

Nutrition Facts

6 servings per container	
Serving size	1 slice
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 165mg	55%
Sodium 260mg	11%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 1mcg	6%
Calcium 63mg	4%
Iron 1mg	6%
Potassium 149mg	4%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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