

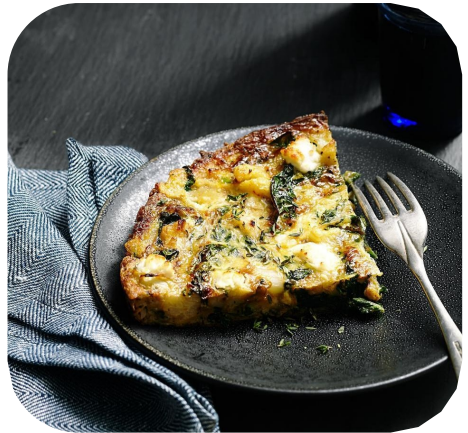


FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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CAULIFLOWER & KALE FRITTATA

INGREDIENTS

- 2 Tbsp. extra-virgin olive oil, divided
- 1 small onion, sliced
- 2 cups small cauliflower florets
- 1/4 cup water
- 5 cups chopped kale
- 3 cloves garlic, minced
- 1 tsp chopped fresh thyme
- 1/2 tsp salt, divided
- 1/2 tsp ground pepper, divided
- 8 large eggs
- 1/2 tsp smoked paprika
- 1/2 cup crumbled goat cheese or shredded Manchego cheese



DIRECTIONS

1. Position a rack in upper third of oven; preheat broiler to high.
2. Heat 1 Tbsp. oil in a large cast-iron skillet over medium heat. Add onion and cook, stirring occasionally, until starting to brown, 2 to 4 minutes. Add cauliflower and water. Cover and cook until just tender, about 6 minutes. Add kale, garlic and thyme and 1/4 tsp each of salt and pepper; cook, stirring often, until the kale is wilted, 2 to 3 minutes.
3. Whisk eggs, paprika, and the remaining 1/4 tsp salt and pepper in a large bowl. Add the vegetables to the egg mixture; gently stir to combine. Wipe the pan clean; add the remaining 1 Tbsp oil and heat over medium heat. Pour in the egg mixture and top with cheese. Cover and cook until the edges are set and the bottom is brown, 4 to 5 minutes.
4. Transfer the pan to the oven and broil until the top of the frittata is just cooked, 2 to 3 minutes.

NUTRITIONAL INFORMATION | Serving size: 1/4 frittata Calories: 293; Total Fat: 21g; Saturated Fat: 7g; Cholesterol: 383 mg; Sodium: 517 mg; Total Carbohydrates: 8g; Dietary Fiber: 2g; Sugar: 3g; Calcium: 151 mg; Iron: 3mg | Recipe makes 4 Servings