

Baked Kale Frittata

Yield: 9" round

Serves: 4 adults

Ingredients

- vegetable cooking spray
- 1 bunch chopped kale (3 cups)
- 1 medium chopped onion (1 cup)
- 1 tablespoon vegetable oil
- 1/4 cup water
- 6 eggs
- 1/2 cup low-fat (1% or less) milk
- 2 ounces shredded low-fat cheddar cheese (1 1/2 cup)
- 1/2 teaspoon salt
- 1/4 teaspoon pepper.

Steps

1. Preheat oven to 375 degrees.
2. Coat 9" round baking pan with vegetable cooking spray.
3. **Wash and drain kale using colander.** Remove stems. Chop kale. **(A child could help tear leaves in pieces instead of chopping.)**
4. Cut onion in half. Cut ends and **discard. Peel onion.** Chop onion.
5. Heat oil in large frying pan on medium heat. Add onion. Cook for 3 to 5 minutes, until onions are soft.
6. Stir in kale and water. Cover and cook 5 minutes. Remove pan from heat and allow mixture to cool.
7. Shred cheese onto a piece of wax paper.
8. In large bowl combine eggs, **milk, cheese, salt and pepper. Blend in kale mixture.**
9. Pour mixture into prepared 9" round baking pan and bake for 25 minutes.
10. Remove from oven and let set for 2 to 3 minutes.
11. Slice into wedges and **enjoy!**

Have your child help you do the bold steps.

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