



Fresh - Local - Delish

Cooking with TRACTOR & Extension



Garden Frittata with Kale

Ingredients:

- 4 large eggs
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon salt
- 2 medium unpeeled red potatoes
- 1/2 tablespoon olive oil
- bunch of kale
- 1/4 cup chopped onion
- 1/2 cup chopped red bell pepper



Instructions:

1. Beat eggs, pepper, and salt in large bowl, set aside
2. Microwave potatoes until slightly soft, but not completely cooked, then cube (alternate method without microwave: cube potatoes and boil 5 minutes until slightly soft, drain)
3. Chop remaining vegetables while potatoes cool. Mix vegetables together
4. Heat oil in a 10-inch non-stick skillet. Sauté vegetables for 5–8 minutes; add to eggs and mix well.
5. Pour egg-vegetable mixture into the same skillet. Cook over low to medium heat until eggs are almost set, about 8–10 minutes.
6. Cover and let sit until eggs are completely set, about 5 minutes.