



## Kale & Red Pepper Frittata & Milk

2 servings

30 minutes

### Ingredients

- 4 Egg
- 1/4 cup Fat Free Milk
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 cup Kale Leaves (chopped)
- 1/2 Red Bell Pepper (chopped)
- 1/2 cup Cherry Tomatoes (halved)

### Nutrition

Amount per serving	
Calories	202
Fat	13g
Saturated	4g
Carbs	6g
Fiber	2g
Sugar	4g
Protein	15g
Cholesterol	373mg
Sodium	459mg
Vitamin A	2289IU
Vitamin C	53mg
Calcium	127mg
Iron	2mg

### Directions

- 1 Preheat oven to 400°F (204°C).
- 2 Whisk the eggs, milk, salt and pepper together in a mixing bowl. Set aside.
- 3 Heat the oil in a cast iron skillet over medium heat. Add the kale, pepper, and tomatoes. Cook for 5 to 7 minutes, or until the kale is wilted and peppers are tender.
- 4 Pour the whisked eggs into the pan with the vegetables and let the eggs begin to set for about 30 seconds, before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Transfer the skillet to the oven and bake for 12 to 15 minutes, or until the eggs have set.
- 5 Remove the skillet from the oven and let sit for about 5 minutes before cutting into wedges. Serve and enjoy!

### Notes

**No Kale:** Use spinach instead.

**No Red Bell Pepper:** Use a bell pepper of another color instead.

**Leftovers:** Keep in the fridge for up to 3 days.