Breakfast

Baked Kale and Artichoke Frittata

A fluffy baked egg frittata loaded with sauteed onion, red pepper, wilted greens and artichoke hearts, finished with a scatter of fresh basil.

60 min	160	9 g	5 g
time	calories	carbs	sugars



Vegetarian

Ingredients, 4 servings

- [ ] 2 large eggs
- [ ] 1 cup egg substitute
- [ ] 1 cup low fat cottage cheese (unsalted)
- [ ] 1/4 cup plain nonfat Greek yogurt
- [ ] 2 tsp olive oil
- [ ] 1/4 cup onion(s) (chopped)
- [ ] 1/4 cup red pepper (finely chopped)
- [ ] 1 clove garlic (minced)
- [ ] 1 cup baby spinach (chopped)
- [ ] 2 cup kale (chopped, cut into small pieces)
- [ ] 3 whole artichoke hearts (chopped)
- [ ] 1/4–1/2 tsp crushed red pepper flakes
- [ ] 1/2 tsp dried basil
- [ ] 1 tbsp fresh basil (chopped, for garnish)

Nutrition Facts

Per serving

Calories	**160**
Total fat	6 g
Saturated fat	1.5 g
Sodium	270 mg
Total carbs	9 g
Fiber	2 g
Total sugars	5 g
Protein	19 g

Method

- [ ] 1 Heat the oven to 350 degrees F and coat an 8 x 8 inch baking pan with cooking spray.
- [ ] 2 Whisk the large eggs together with the egg substitute in a medium bowl until well blended, then whisk in the low fat cottage cheese and the Plain Nonfat Greek yogurt. Set the bowl aside.
- [ ] 3 Warm the olive oil in a large skillet over medium heat. Toss in the onion and red pepper and sauté for 3 minutes, until they begin to soften, then add the garlic and give it another minute in the pan.
- [ ] 4 Work the baby spinach and kale into the skillet and cook for about 2 minutes so the greens wilt. Stir in the artichoke hearts, crushed red pepper flakes and dried basil, then take the skillet off the heat.
- [ ] 5 Tip the vegetables into the prepared pan and spread them over the bottom, then pour the egg and cheese mixture on top, making sure everything is well covered.
- [ ] 6 Set the pan on the middle rack of the oven and bake for 40-45 minutes, until the mixture is set and no longer jiggles when the pan is lightly shaken.
- [ ] 7 Let the frittata cool for 10 minutes, cut it into 6 pieces, and scatter the fresh basil over the top if you like.

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