

Garden Vegetable Frittata

Serves: 6

Ingredients:

1 medium Onion, diced
8 ounces Mushrooms, diced
1 cup Cherry Tomatoes, halved
1 large handful Kale, chopped
5 Eggs
¼ cup Water
Salt & pepper

Equipment Needed:

Large bowl
Fork
Knife
Cutting board
Non-stick skillet with lid
Wooden spoon or spatula
9" pie plate

Directions:

Preheat the oven to 350 degrees.

Using a non-stick skillet, add the mushrooms and a pinch of salt to the pan and cook on medium high until the mushrooms have released their water and the pan is dry.

Add the onions and tomatoes to the pan with a pinch of salt and cook until the onions start to turn translucent.

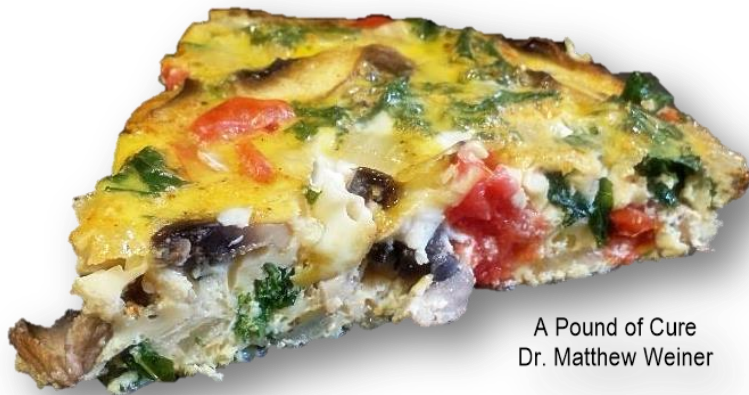
Add the kale to the pan and cover the pan with the lid. Cook for 3-5 minutes until the kale has wilted.

Uncover the vegetables and remove them from the heat. Add a pinch of salt and a large pinch of pepper and stir them to combine. Set the vegetable mixture aside to cool.

In a large bowl, add 5 eggs, water, salt and pepper. Using a fork, Whisk the ingredients vigorously until well combined.

Carefully arrange the vegetables into the bottom of the pie plate making sure that the individual ingredients are well distributed around the pie plate.

Pour the egg mixture over the top of the vegetables and bake for 25 minutes. Serve & enjoy!



A Pound of Cure
Dr. Matthew Weiner