



Sweet Potato Kale Frittata

SERVINGS: 8

PREPPING TIME: 20 MINS

COOKING TIME: 10 MINS

INGREDIENTS

- 2 cups sweet potatoes, cut into 1/2 inch cubes
- 1 tsp. fresh thyme or 1/2 tsp. dried thyme
- 2 tsp. olive oil
- 8 large eggs
- 1/4 cup reduced fat milk
- 1/4 cup fresh basil, chopped
- 1/4 tsp. salt and a pinch of pepper to taste
- 2 cups packed kale, chopped
- 1 small red onion, chopped
- 2 cloves garlic, minced
- 3 oz. crumbled goat cheese

DIRECTIONS

1. Preheat the oven to 400°F.
2. Place chopped sweet potato onto a baking tray. Toss in thyme, 1 teaspoon olive oil, and a pinch of salt.
3. Roast in the oven for 12-15 minutes until potatoes are tender. Once potatoes are done turn oven down to 350°F.
4. Whisk together eggs, milk, basil, remaining salt and pepper.
5. Add 1 teaspoon oil into a 10-inch ovenproof nonstick skillet pan and sauté kale, red onion, and garlic for 3 to 4 minutes or until kale is wilted and tender.
6. Stir in potatoes. Pour egg mixture evenly over vegetables. Sprinkle egg mixture with goat cheese.
7. Bake at 350°F for 10 to 15 minutes or until set.

NUTRITION

Serving size: 1 slice
(per serving) 170 calories, 8g fat, 3.5g saturated fat, 190mg cholesterol, 220mg sodium, 14g carbohydrate, 2g fiber, 5g sugar, 10g protein