

Kale and Tomato Mini-Frittatas

Here is a tasty, and super easy-to-prepare breakfast, that provides several servings to enjoy over several days. Stores well in a glass, sealed container for 3-4 days. You can vary the vegetable and cheese options to match what you have on hand. To rewarm leftovers, pop min-frittatas in the microwave or sauté them in a skillet.

If you want to make a dairy-free version, skip the cheese entirely, double the almond milk portion to half a cup, and whisk almond milk with eggs as mentioned below.

Ingredients:

2 tablespoons extra-virgin olive oil
½ medium onion, chopped finely
½ teaspoon sea salt (divided)
¼ teaspoon ground black pepper
1 teaspoon Italian herb seasoning
5 medium kale stalks, spine removed, chopped finely (about 1.5 cups)
8 cherry tomatoes, sliced into quarters
2 tablespoons fresh basil, chopped finely
2 teaspoons fresh rosemary, chopped
9 organic, cage-free eggs
¼ cup organic low-fat milk (or almond milk)
½ cup organic conte (or gruyere) cheese, grated

Directions:

Preheat oven to 350° (F). Line a muffin tray with a dozen muffin liners.

Heat a medium sauté pan to medium heat. Add olive oil, then onion, ¼ teaspoon salt, pepper, and Italian seasoning and sauté with an occasional stir for 2-3 minutes, until onion softens.

Add kale, tomatoes, basil, and rosemary, cover, and heat another 2-3 minutes with an occasional stir until kale has wilted. Remove pan from heat.

Meanwhile in a bowl, whisk eggs, milk, and remaining half teaspoon salt then stir in half the cheese with the egg-milk mixture.

Spoon sautéed onion, kale, and tomato into the muffin tray liners. Next ladle egg mixture into each liner. Sprinkle remaining half of cheese over the top of each mixture.

Bake for 16-20 minutes, until eggs are set and serve.

Enjoy,

Steven Masley, MD