

Mushroom + Cheese + Kale + Sun Dried Tomato Frittata

Serves: 3

Prep Time: 15 minutes

Cook Time: 20 minutes

Ingredients:

1 Cup	Mushrooms
3 Handfuls	Kale, chopped
¼ Cup	Basil, sliced
¼ Cup	Sun dried tomatoes, chopped, set-aside
½ Cup	Kite Hill Almond Cheese, cubed
6	Eggs
	Salt, pepper, paprika (optional), to taste

Directions:

Pre-heat oven to 400.

Slice mushrooms, chop kale, slice basil and cube cheese. Set aside.

In a separate bowl, whisk the eggs. Add the basil and cheese to the eggs. Mix well.

Heat a cast iron pan with oil. Sauté mushrooms, kale and sun dried tomatoes. Add balsamic vinegar. Season with salt, pepper and paprika. Once cooked, combine the veggies into the egg mix.

Spray/grease the pan and pour the veggie/egg mixture into it.

Place in oven and cook for 20 minutes or until eggs are firm.

Enjoy with avocado, salsa or Dijon Mustard.



Nutrition & Lifestyle Coaching

Wellness

Happiness

Balance

Good Food

Love

Vibrance