

# Vegetable Frittata with Goat Cheese

4 SERVINGS 30 MINUTES



## INGREDIENTS

- 8 Egg
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1 tbsp Extra Virgin Olive Oil
- 2 cups Kale Leaves (chopped)
- 1 Red Bell Pepper (chopped)
- 1 cup Cherry Tomatoes (halved)
- 4 ozs Goat Cheese

## DIRECTIONS

- 01 Preheat oven to 400°F (204°C).
- 02 Whisk the eggs, salt and pepper together in a mixing bowl. Set aside.
- 03 Heat the oil in a cast iron skillet over medium heat. Add the kale, pepper, and tomatoes. Cook for 5 to 7 minutes, or until the kale is wilted and peppers are tender.
- 04 Pour the whisked eggs into the pan with the vegetables and let the eggs begin to set for about 30 seconds, before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Add goat cheese and then transfer the skillet to the oven and bake for 12 to 15 minutes, or until the eggs have set.
- 05 Remove the skillet from the oven and let sit for about 5 minutes before cutting into wedges. Serve and enjoy!

## NOTES

### NO KALE

Use spinach instead.

### NO RED BELL PEPPER

Use a bell pepper of another color instead.

### LEFTOVERS

Keep in the fridge for up to 3 days.