



## Kale Frittata

### Serves 4

2 bunches of kale deveined and leaves chopped fine

6 eggs

1/4 cup unsweetened almond creamer or half and half

1/2 cup grated cheddar cheese

1/4 cup grated parmesan cheese

1/2 cup onion chopped

2 Tbsp Olive oil

1 tbsp butter

1/2 tsp salt

Black pepper to taste

Preheat oven to 350F. Prepare a baking dish (approximately 8 x 6, preferably glass like pyrex) by buttering the whole dish to avoid the frittata to stick to the dish.

Heat up the olive oil in a skillet, add the onion and cook until the onion is soft and starts to color slightly then add the chopped kale until the leaves wilt. Let the mixture cool.

In a bowl whisk the eggs, add the cream and the cheese and mix. Incorporate the kale mixture.

Season with salt and pepper. Pour the mixture into the baking dish and place in the oven for 25 to 30 minutes until the frittata is firm to the touch. Serve and enjoy.

This is a great dish for breakfast or it can make a wonderful lunch if you serve it along a fresh salad.

## Benefits

1. **High in antioxidants like Quercetin and Kaempferol.** Antioxidants are substances that help counteract oxidative damage by free radicals in the body.. Oxidative damage is believed to be among the leading drivers of aging and many diseases including cancer.
2. **Excellent source of vitamin C:** Kale is much higher in vitamin C than most other vegetables.
3. **Aids in lowering cholesterol level:** kale contains substances that bind bile acids and lower cholesterol levels in the body.
4. **High in Iron and Vitamin K**
5. **Kale is a great anti-inflammatory food**