



## **Mushroom & Kale Frittata**

### **Serves 4**

2 cups kale, middle stem removed and leaves chopped 8 large eggs

1 cup chopped mushrooms

1/2 cup chopped yellow onion

1/4 cup half and half

1/4 cup grated parmesan cheese

1/2 cup shredded mild cheddar cheese

1/2 tablespoon fresh thyme leaves, chopped Sea salt

1 tablespoon olive oil

### **INSTRUCTIONS:**

Preheat oven to 350F. In a bowl mix the eggs, half and half, cheese.

In an ovenproof skillet (I like to use a cast iron pan) heat up the oil and saute the onion until soft. Add the mushrooms and cook for two minutes, then add the chopped kale and thyme leaves, cook until kale wilts. Add the egg, cheese and half and half mix. Stir with a wooden spoon until everything is well incorporated then place skillet in the oven and cook for 12 minutes. The center should be firm with no visible runny egg on top. Remove from the oven, slice and serve.

*This makes a great brunch food served with a garden salad.*

## Benefits

1. Mushrooms are rich in B vitamins. B vitamins allow you to produce energy, metabolize fats and proteins and keep your nervous system healthy,
2. Mushroom transform UV light into vitamin D
3. Great source of selenium, a mineral that works like an antioxidant in your body.

Uses in the kitchen: sautéed, grilled, roast, some varieties can be eaten raw.