Kale, Potato and Onion Frittata

Yield: 4 servings
Total Time: 40 minutes

Ingredients
Vegetable oil cooking spray
1 yellow or white onion, sliced
1 pound kale, trimmed, blanched 3 minutes in boiling water, drained, squeezed and coarsely chopped
2 cloves garlic, chopped
2 cups boiled diced potatoes, unpeeled
2 whole eggs
2 egg whites
2 Tbsp water
1/2 teaspoon paprika (preferably smoked)

Preparation Instructions
1. Heat oven to 400°F.
2. In a medium skillet coated with cooking spray, cook onion over medium heat, stirring, 5 minutes. Add kale and garlic; stir for 5 minutes. Add potatoes.
3. Whisk eggs, egg whites, 2 tablespoon water and paprika in a bowl. Stir in kale-potato mixture.
4. In a cast-iron skillet coated with cooking spray, cook egg mixture over medium-low heat for 1 minute.
5. Transfer skillet to oven; bake until eggs are set and center is slightly runny, for 6 to 8 minutes.
6. Broil until top is golden, for 1 minute.

Nutrition Analysis
Per serving without salad: 180 calories; 4.5g fat (1g saturated fat, 0g trans); 95mg cholesterol; 115mg sodium; 27g carbohydrate (6g dietary fiber; 5g sugar; 0g added sugar); 12g protein. Vitamin A 230%, Vitamin C 260%, Calcium 20%, Iron 15% Daily Value.

Source: www.epicurious.com