## Simple Frittata with Kale

### Ingredients
- 2-3 cups lacinato kale, chopped or torn into small pieces
- 1/2 T. olive oil
- 2 1/2 T. butter
- 6 eggs, beaten
- ½ bell pepper, diced
- 2 cloves garlic, minced
- 2-3 oz. feta (about 1/2 cup), crumbled
- Salt and pepper to taste

### Directions

1. Preheat oven to 350 F. Sauté kale in 1/2 tablespoon of oil until soft, 5 minutes or so. Set aside.

2. In a mixing bowl, beat together the eggs, salt and pepper. Add the kale, peppers, garlic, and feta.

3. Heat 2 1/2 tablespoons of butter over medium-high heat in the ovenproof skillet. When the butter has melted (or oil is hot), tilt the skillet to coat it with the fat, and pour the egg mixture into the skillet and let eggs cook for about one minute.

4. Lower the heat to medium-low and cook for a minute or so, then give the pan a few shakes to make sure the eggs are loose on the bottom. If they are sticking, loosen them around the edges with a thin rubber spatula.

5. Put the frittata into the preheated oven and bake until it is puffy and only slightly browned (about 10 minutes) – but watch it carefully so it doesn’t over bake.

6. Alternatively, place frittata 6 inches under the broiler to finish cooking the top, just a few minutes. Again, watch it carefully so it doesn’t get overly browned. Remove and invert frittata onto a serving plate

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