

# Bacon & Kale or Spinach Frittata



## **Ingredients:**

Avocado Oil Cooking Spray  
1 cup Sweet Onion, diced small  
3 slices Bacon (Pasteurized Pork or Turkey)  
-cut into small pieces before cooking  
4 cups Kale or Spinach Leaves,  
coarsely chopped  
2 tsp. Garlic, minced  
3 Jumbo Whole Eggs  
6 Jumbo Egg Whites  
or 2 cups Egg Beaters®  
✎ finger pinch Black Pepper  
✎ finger pinch Kosher Salt  
4 oz. Crumbled Goat or Feta Cheese

## **Directions:** Pre heat broiler

**Step 1:** Spray large oven-proof skillet with spray; place over medium heat. Add onion and bacon; cook and stir 6 – 8 minutes; until onion is tender and golden and bacon is crispy.

**Step 2:** Add kale and garlic; cook 3 – 5 min., or until kale is wilted. Evenly spread mixture to cover bottom of skillet.

**Step 3:** Whisk eggs and seasonings in a small bowl until well blended and slightly frothy. Pour evenly over kale mixture; sprinkle evenly with cheese. Cover and cook 6 – 7 minutes or until mostly set.

**Step 4:** Uncover skillet; place in oven and broil 2 – 3 minutes or until golden brown and set. Let stand 5 minutes before cutting and serving.

This is a great meal to make the night before. Fully cool, lightly cover the skillet. Refrigerate (in skillet) and portion in the morning. Reheat or eat cold!  
Yum!

## **To Portion Frittata;**

Note the fraction suggested below:  
Top # is how many wedges suggested per unit portion.  
Bottom # means the total wedges per frittata you're cutting.  
**EX:** 1/4 means that you get **1** of **4** equal wedges of one whole frittata.



= 4 wedges  
Frittata

## **2 unit portion:**

(1 of 6 portions)  
1/6<sup>th</sup> Frittata slice  
+ 1 cup fresh fruit

## **3 unit portion:**

(1 of 5 portions)  
1/5<sup>th</sup> Frittata slice  
+ 1 heaping cup fresh fruit

## **4 unit portion:**

(1 of 4 portions)  
1/4<sup>th</sup> Frittata slice  
+ 2 cups fresh fruit

## **5 unit portion:**

(1 of 3 portions)  
1/3<sup>rd</sup> Frittata slice  
+ 2 heaping cups fresh fruit