

Kale, Roasted Bell Pepper, Onion and Gruyere Frittata

Serves 4

Use this recipe as a guide to make your own frittata from what you have on hand in your refrigerator. A couple of years ago I read about adding some egg whites to the rest of the eggs to lighten everything up. It makes a huge difference and, provided you have enough eggs on hand, I encourage you to add egg whites to your frittata as well.

This recipe is packed-full of vegetables and the egg just holds everything together. Adjust the amount of vegetables used to determine the final consistency.

1 large red or orange bell pepper or bell pepper halves
2 tablespoons olive oil, divided
1 small yellow onion, chopped
1 garlic clove, minced
2 handfuls kale, washed, stems removed, and roughly chopped
Salt, to taste
Freshly ground black pepper, to taste
6 large eggs
2 large egg whites
1 cup grated gruyere cheese

Turn the broiler on high and place a rack in the top third of your oven.

Cover a baking sheet with aluminum foil and place the bell pepper on top of it. Place the baking sheet on the rack in the top third of the oven. Watch the pepper carefully and turn as needed. Roast the peppers for about 15 to 20 minutes.

Note: If you have gas burners, you can roast the pepper on your stovetop by setting the pepper on top of the gas burner and rotating it as needed with tongs. Done in this manner, the pepper will roast faster than in the oven.

If you are using bell pepper halves, simply place them on the foil-lined baking sheet skin-side up and roast until the skin is blackened and puckered. Continue as directed below.

When the skin is blackened and puckered, remove the pepper from the oven and place it in a bowl. Immediately cover the bowl with plastic wrap and let the peppers sit for at least 10 minutes.

After ten minutes, remove the pepper from the bowl and use your fingers to gently remove the skin (it may help to do this under running water). Cut the pepper in half and discard the inner membrane and seeds. Chop the pepper and set aside.

This recipe came from *Minced* at www.mincedblog.com.

Heat a 10-inch ovenproof skillet over medium heat. Add 1 tablespoon of olive oil and add the onion. Cook, stirring occasionally, until just beginning to soften, about 5 minutes. Stir in the garlic clove and cook until fragrant, about 30 seconds. Add the remaining tablespoon of olive oil and add the kale. Cook, stirring frequently, until the kale begins to cook down. Add the roasted bell pepper and season to taste with salt and freshly ground black pepper.

Beat the eggs and egg whites in a medium bowl. Season to taste with salt and freshly ground black pepper and then pour the eggs over the vegetable. Cook, over medium heat, for about 5 minutes. As the eggs cook, use a rubber spatula to pull back the sides of the frittata and let the uncooked eggs trickle under the cooked portion. When the omelet appears to have just a little liquid on the top, sprinkle the cheese over it and place it under the broiler. Broil for 1 to 2 minutes until the cheese is brown and bubbly. Remove from the oven and let cool for 5 minutes. The frittata can be sliced and served from the skillet or, loosen the sides of the frittata with your rubber spatula, and slide it onto a serving platter. The frittata is good warm or at room temperature. It does not reheat well.