

## VEGGIE FRITTATA

### Ingredients:

- 2 T. extra virgin olive oil
- 1 red onion, chopped
- 1 bell pepper, chopped
- 1 zucchini, chopped
- 1 c. kale leaves, chopped
- Salt and pepper
  
- 4 eggs
- 4 egg whites
- ½ tsp. kosher salt
- ¼ tsp. freshly ground black pepper
  
- ½ c. shredded Asiago
  
- 1 T. basil leaves, chopped



### Directions:

- 1) In a large oven-proof skillet, sauté the onion and peppers in the olive oil for about 10 minutes over medium heat. Add zucchini and sauté for 5 more minutes. Stir in kale and sauté for 4 more minutes. Add salt and pepper.
- 2) Preheat oven broiler.
- 3) Whisk together eggs, egg whites, and additional salt and pepper. Pour over the skillet vegetables, fold the eggs into the veggies, and reduce heat to medium-low. Cook undisturbed for 5 minutes.
- 4) Sprinkle the frittata with Asiago and broil in the oven until the eggs are cooked and cheese is starting to turn golden.
- 5) Remove the frittata from the oven and sprinkle with basil.