



# SPORTS NUTRITION

## Weekly Recipe:

## One Skillet Wonder

### Kale, Potato, and Onion Frittata

Frittatas can be thought of like a baked omelet. They are wonderfully easy to make, and the only limitation to possible varieties is your imagination. While any combination of vegetables, herbs, meats, and cheeses can be used, we like this one with just simple kale, potatoes and onions because it is delicious and inexpensive to make. Using extra egg whites is a great way to increase the protein of this vegetarian dish, and make it extra fluffy. The potatoes make this *One Skillet Wonder* recipe complete as it adds the carbohydrate needed to make this a healthy and balanced breakfast, lunch or dinner.

### Ingredients: 4 servings

- Olive oil or cooking spray
- 1 pound/bunch kale, cooked and chopped
- 2 medium red potatoes, cooked and diced
- 1 yellow or white onion, sliced
- 2 cloves garlic, chopped/minced
- 2 whole eggs + 2 egg whites
- 2 Tablespoons water
- ½ teaspoon paprika
- Salt and pepper to taste
- Grated Parmesan Cheese (optional)

### Directions:

1. Heat oven to 400°F.
  2. To prepare kale, trim greens from stems and chop into medium size pieces. Blanch kale for 3 minutes in boiling water then drain, squeeze and set aside.
  3. Boil or microwave potatoes until medium firmness (insert fork easily), then chop and set aside.
  4. In a medium cast-iron skillet coated with about 1 Tbsp. olive oil, cook onion over medium heat, stirring, 5 minutes. Add kale and garlic; stir 5 minutes. Add potatoes; stir 2 minutes. Take off heat.
  5. In a large bowl, whisk eggs, egg whites, 2 tablespoons water and paprika. Stir in cooked kale-potato mixture.
  6. Coat the skillet again with cooking spray/oil and cook egg mixture over medium-low heat 1 minute. Transfer skillet to oven; bake until eggs are set and center is slightly runny, 6 to 8 minutes.
  7. Sprinkle parmesan cheese on top after baked, if desired.
- Modified from source: SELF Magazine (2/2011)

### Kale & Potato Frittata: Nutrition Facts\*

Amount	¼ of skillet
Calories	270
Fat (g)	11
Sat. Fat (g)	2.5
Carb. (g)	32
Fiber (g)	5
Protein (g)	16

Dairy Free\*, Gluten Free.  
\*Without cheese

#### For Sport Nutrition Questions, contact:

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This frittata has great performance nutrition benefits and can function as a meal or snack depending on how much you eat and when you eat it. The eggs provide quality protein for muscle building and repair. Potatoes not only have more potassium than a banana, but provide the quick carbs needed for fuel during a workout. After exercise, the superfood kale, provides a full day's supply of vitamin A and C serving as antioxidants during quick recovery.

If you do not have a cast iron skillet to cook with, you can use any all-metal pan that is oven safe. One of the benefits of cooking with a cast iron skillet though, is that it helps to increase the iron in your diet and makes vegetarian sources of iron, like from kale, more absorbable.

