

## Bi-Weekly Recipe

### Kale, Potato, and Onion Frittata

#### Ingredients

Preparation time: 45 minutes

Servings: 4

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. Trim kale greens from stem and chop. Blanch kale for 3 minutes in boiling water, drain, squeeze, and set aside.
3. Boil or microwave potatoes until medium firmness, then cube and set aside.
4. In a medium cast-iron skillet coated with olive oil, cook onion over medium heat for 5 minutes. Add kale and garlic; cook for 5 minutes. Add potatoes; cook for 2 minutes.
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 and cook the egg mixture over medium-low heat for 1 minute. Transfer skillet to oven; bake until eggs are set and center is slightly runny, about 8 minutes.
7. Sprinkle Parmesan cheese on top after baked, if desired.

Recipe adapted from SELF Magazine (2/2011)

#### Cost per serving:

\$ = < \$5, \$\$ = \$5-10, \$\$\$ = > \$10

#### Kale, Potato and Onion Frittata

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

Dairy free\*, Gluten Free

#### Cooking Tip

Add extra egg whites for added protein and a fluffier frittata. Cooking with cast iron helps to increase the iron content of your diet and makes vegetarian sources of iron, from sources like kale, more absorbable.

#### Performance Facts

This frittata provides quality protein including branched chain amino acids from the eggs for muscle building and repair. The potatoes provide complex carbohydrates for fuel during a workout. The antioxidants present in kale, onion, and garlic aid in cell repair and reduce exercise-induced oxidative stress.

#### USOC Sport Nutrition Team

Shawn Hueglin, PhD, RD, CSSD

[shawn.hueglin@usoc.org](mailto:shawn.hueglin@usoc.org)

Liz Broad, PhD, AdvSpDiet

[elizabeth.Broad@usoc.org](mailto:elizabeth.Broad@usoc.org)

Alicia Kendig, MS, RD, CSSD

[alicia.kendig@usoc.org](mailto:alicia.kendig@usoc.org)

Susie Parker-Simmons, MS, M.ed

[susie.parkersimmons@usoc.org](mailto:susie.parkersimmons@usoc.org)

Elizabeth Fusco, MS, RD, and Kate Machado, MS, RD, CSSD - Authors

