

BACON AND GREENS FRITTATA

This frittata features hearty greens and onions with the addition of bacon and parmesan cheese for a delicious, savory finish. This recipe works well with egg substitute or whole eggs; choose what you have on hand. Greens, like kale, collards, and mustard greens are rich in a combination of vitamins A, C, K, several B vitamins (including folate), and potassium.

Yield: 8 servings

Ingredients

- 2 tablespoons **olive oil**
- 3 strips **low-sodium bacon**, cut into ½-inch pieces
- 1 medium **onion**, chopped
- 2 ½ cups **sturdy greens**, such as kale, collards or mustard greens, stems removed and thinly sliced
- 8 large **eggs**, beaten (or 1, 16 ounce container liquid egg substitute, such as Egg Beaters)
- 1 cup shredded **low-fat Parmesan cheese**
- ½ teaspoon **ground pepper**

Instructions

1. Position an oven rack in the upper third of the oven; and preheat the broiler.
2. Heat oil in a large broiler-safe nonstick skillet or cast-iron skillet over medium-high heat. Add bacon and cook, stirring frequently, until crisp, 2 to 3 minutes. Remove bacon to a plate and reduce heat to medium. Add onions to skillet and cook, stirring frequently, until the onions have softened, about 4 to 5 minutes more. Add greens and cook, stirring, until they are just beginning to wilt, about 1 minute.
3. Meanwhile, whisk eggs, cheese and pepper in a bowl. When the greens are just starting to wilt, return the bacon to the skillet and pour the egg mixture over the ingredients in the pan. Using a spatula, carefully scrape the eggs from the edges to the middle of the pan as they cook, allowing the uncooked egg to flow under; cook about 3 minutes. When the eggs are nearly set, place the skillet under the broiler until the top is cooked and the eggs are slightly browned, about 2 minutes. Let stand for 5 minutes.
4. To release the frittata from the pan, run a rubber spatula around the edge, then underneath, until you can slide or lift it out onto a cutting board or serving plate. Cut into wedges and serve.

Per Serving: Calories 184, Carbohydrates 3 g, Protein 11 g, Saturated Fat 4 g, Sodium 310 mg, Fiber 1 g, Sugars 1 g

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