



# Sweet Potato & Kale Frittata

Two seasonal produce favourites are paired in a frittata that's bursting with colour, flavour, and texture.

Makes 4 Servings

### Ingredients

- 3 tsp avocado or olive oil
- ½ cup red onion, sliced or chopped
- 1 clove garlic, minced
- 1½ cups de-stemmed kale, chopped
- 1 tbsp fresh thyme, plus more for garnish
- 8 eggs
- ¼ tsp sea salt
- 2 oz soft goat cheese
- 2 cups sweet potatoes, chopped into bite-sized pieces

### Steps

1. Preheat oven to 375°F.
2. Spread chopped sweet potatoes on a baking sheet with 1 tsp of oil. Toss to coat, and roast for about 20 minutes or until tender.
3. Meanwhile, heat remaining 2 tsp of oil in an ovenproof skillet over medium heat. Add onion and garlic and sauté until tender and golden (8 to 10 minutes). Add the kale and thyme and cook until kale has just wilted. Remove from heat and add roasted sweet potatoes once they are done.
4. Crack the eggs into a large bowl, add the salt, and beat well with a fork.
5. Pour the beaten eggs into the skillet and use a fork to press the vegetables down into the egg mixture so the eggs cover the veggies completely. Crumble goat cheese over the top, then place the pan in the oven and bake until the centre is set and lightly golden (10 to 15 minutes).
6. Cut frittata into wedges and serve warm with a sprinkle of fresh thyme. Frittata will keep in the fridge for up to 5 days.

### Nutrition Information

285 Calories | 19g Carbohydrates | 14g Fat | 4g Saturated Fat | 3g Fibre | 15g Protein | 338mg Sodium | 5g Sugar

Source: [www.eatingbirdfood.com](http://www.eatingbirdfood.com)