



Baked Kale Frittata

- 1 bunch of kale (3 cups chopped)
- 1 large onion
- Vegetable cooking spray
- 1 tsp olive or vegetable oil
- ¼ cup water
- 5 eggs
- ½ cup skim milk
- 1/3 cup grated low-fat cheddar cheese
- ½ tsp salt
- ¼ tsp pepper



1. Preheat oven to 375°. Coat a 9-inch round baking pan with vegetable cooking spray.
2. Wash and chop the kale. Chop the onion.
3. Heat oil in a large frying pan over medium-high heat. Add the onion and sauté for 3-5 minutes until soft.
4. Stir in kale and water. Cover and cook for 5 minutes. Remove from heat and allow to cool.
5. In a large bowl, combine eggs, milk, cheese, salt, and pepper. Blend in kale mixture.
6. Pour the mixture into the baking pan. Bake for 20 min.
7. Remove from oven and let sit for 2-3 minutes. Slice into wedges and enjoy.

Makes: 6 servings

Nutrition Information:

CALORIES 110 (45% from fat); FAT 5g (sat 1.5g); CHOLESTEROL 155mg; SODIUM 320mg; CARBOHYDRATE 7g; FIBER 1g; PROTEIN 9g; CALCIUM 15%; IRON 8%



Cranberry-Balsamic Brussels Sprouts

- 2 pounds Brussels sprouts (stem ends trimmed, outer leaves removed), each cut in half
- 3 Tbsp dried cranberries, chopped
- 2 Tbsp balsamic vinegar
- 2 Tbsp olive or vegetable oil
- 1 Tbsp water

1. Whisk together the balsamic vinegar, water and oil. Add the chopped cranberries.
2. Bring a few inches of water to a boil in a medium saucepan over high heat. Add Brussels sprouts and steam for 5-8 minutes until fork-tender.
3. Transfer the steamed sprouts to a serving bowl. Add the dressing and toss to coat evenly.
4. Serve and enjoy!



Makes: 6 servings

Nutrition Information:

CALORIES 130 (35% from fat); FAT 5g (sat 1g); CHOLESTEROL 0mg; SODIUM 40mg; CARBOHYDRATE 18g; FIBER 6g; PROTEIN 5g; CALCIUM 6%; IRON 10%