



Red Potato and Mustard Greens Frittata

Ingredients

4 small, red skinned potatoes (about 2/3 pound), scrubbed
3 cups mustard greens that have been washed, stemmed, and chopped
2 Tbsp extra virgin olive oil
1 medium onion, sliced into thin crescents
2 garlic cloves, minced
Salt and pepper to taste
6 large eggs
1 tsp chopped fresh thyme or ¼ tsp dried thyme
¼ cup freshly grated parmesan cheese

Nutrition Facts (per serving)

Calories	305
Fat (g)	12
Saturated Fat (g)	4
Cholesterol (mg)	323
Sodium (mg)	261
Carbohydrate (g)	33
Fiber (g)	5
Protein (g)	17
Calcium (mg)	179

Preparation

Steam potatoes in a steamer basket until tender when pierced with a fork, about 20 minutes. Remove potatoes from water and set aside.

Bring 2 cups water to a boil in a medium size saucepan. Add mustard greens and cook briefly, about 3 to 4 minutes. Set aside.

Heat 1 Tbsp of the oil in a medium sized skillet over medium heat. Add onion and cook until soft and translucent, about 10 minutes. Add garlic and cook for 1 to 2 minutes longer. Remove mixture to a bowl and set aside.

Remove skins from potatoes. Cut in half and slice each half into ¼ inch pieces. Warm the remaining oil in the skillet and add the potato slices. Toss to brown lightly over medium high heat, about 5 minutes. Season with salt and pepper.

Lightly oil a 9 inch cast-iron skillet. Layer the onions, potatoes, and mustard greens in the pan.

Using a fork, beat the eggs with thyme, salt, and pepper in a bowl. Pour over the potato mixture and sprinkle with parmesan cheese. Bake, uncovered, for 20-30 minutes, or until eggs are set. Serve hot.

Serves: 4

Serving Size: 1/4 Recipe

