

Spring Frittata (Kale and Mushroom) with Potato Crust

Servings: 6
Prep Time: 10 minutes
Cook Time: 55 minutes (30 minutes baking potatoes)
Storage: 5 days refrigerator
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Ingredients

- 1-pound Yukon gold potatoes (aprx 5 small), cut into thin slices *
- 1 Tbsp extra-virgin olive oil *
- Kosher salt and freshly ground pepper *
- 6 eggs, beaten
- 2 Tbsp organic plain Greek yogurt or non-dairy yogurt
- 2 teas chopped fresh thyme
- ¼ teas ground black pepper
- 1/8 teas freshly ground nutmeg
- Sea salt
- 2 Tbsp extra virgin olive oil
- 1 cup leek, cleaned and thinly sliced - white and green parts
- 3 cups stemmed and chopped kale
- 2 cups sliced mushrooms
- 1 cup cherry tomatoes, halved
- 2 Tbsp parmesan cheese or vegan parmesan

Instructions

Potato crust is optional. Frittata can be made without crust. I just like it!

1. Preheat oven to 375 degrees. Toss potato slices with oil until well coated. Season with salt and pepper; toss again. Arrange slices in a circular pattern covering bottom and sides of 9-inch pie dish (I use a cast iron skillet), slightly overlapping; slices should extend over rim by about 1/2 inch (they will shrink when baked). Transfer to a rimmed baking sheet and bake until potatoes are fork-tender, about 30 minutes. Let cool about 10 minutes.
2. While crust bakes, place eggs, yogurt, thyme, pepper nutmeg and ½ teas salt in a bowl and whisk until the eggs are frothy and only very small lumps of yogurt remain.
3. Heat the olive oil in a skillet over medium heat. Add the leeks and a pinch of salt and sauté until just golden, aprx 4 minutes. Add kale and sauté aprx 2 minutes. Add mushrooms and sauté for additional 2 minutes. Add vegetables to potato crust.
4. Pour egg mixture over vegetables. Arrange tomatoes on top of egg mixture and sprinkle with parmesan cheese. Bake on center rack of oven for 10-15m minutes, until eggs are set.
5. Note: I usually double egg mixture and fill muffin cups ¾ full and bake 8-10 minutes until eggs are set. I cool muffins, place in air-tight container and place in freezer for future. I thaw 30 minutes, wrap in foil and bake 10 minutes before eating. Store up to 3 months in freezer.

Recipe adapted: *The Longevity Kitchen cookbook (page 132)*