

BLACK BOX FRITTATA

Time: 30 minutes

Serves: 4

Ingredients:

2 tablespoons extra-virgin olive oil
4 anchovies (canned in oil) – chopped
½ red onion – thinly sliced
2 large leaves kale – stem removed and sliced
6 eggs – lightly beaten
½ cup canned lentils – rinsed and drained
¼ teaspoon red pepper flakes
¼ teaspoon fresh ground black pepper
¼ teaspoon kosher salt
4 ounces manchego cheese - grated

Preparation:

Preheat your oven to 350F. Place a skillet on medium heat and add the olive oil.

When the oil is hot, add the anchovies and onion, stirring occasionally for three minutes.

Add the kale to the skillet and sauté for three more minutes.

Stir in the eggs and all remaining ingredients except the cheese. Continue to stir gently for two minutes or until large curds begin to form in the eggs.

Sprinkle the cheese on top and place the skillet in the oven for fifteen minutes or until the egg mixture is firm.

Remove from heat, let rest for three minutes, then cut into wedges and serve.

Nutritional Information Per Serving:

Calories: 312
Fat: 21g
Carbs: 11g
Fibre: 3g
Protein: 21g