

Top of the Mornin' Lentil Frittata



Yield: 4 Servings (¼ Frittata)



Ingredients:

Canola oil	1 tbsp	15 mL
Red onion (or 2 shallots), peeled and thinly sliced	¼ medium	
Red bell pepper, seeded and thinly sliced	1 medium	
Kale, de-stemmed and chopped	1½ cups	360 mL
Garlic, minced	2 cloves	
Cooked or canned lentils, drained and rinsed	1 cup	250 mL
Sundried tomatoes, thinly sliced	¼ cup	60 mL
Eggs (whole), whisked	8	
2% Milk*	¼ cup	60 mL
Unsalted butter, melted	1 tbsp	15 mL
Salt	¼ tsp	1.25 mL
Black pepper	¼ tsp	1.25 mL
Chili powder	¼ tsp	1.25 mL
Dried oregano	½ tsp	1.25 mL
Feta or goat cheese, crumbled	½ cup	60 g
Basil (fresh), chiffonade or minced fine	¼ cup	60 mL

* Note: if preferred substitute with butter milk, kefir, greek yogurt or an unsweetened plant-based beverage, like unsweetened soy milk.

Instructions:

1. Heat the oven to 350 F (180 °C).
2. In a 9-inch (22 cm), deep, oven-safe frying pan, heat oil over medium-low heat.
3. Add onion and sauté until softened, translucent, and fragrant.
4. Add the pepper and sauté until softened.
5. Add the kale and sauté until softened.
6. Add the garlic and cook 1-2 minutes until fragrant.
7. Add the lentils and sundried tomatoes. Cook until just heated through, adjusting heat down and stirring as needed to prevent the lentils from breaking down or sticking.
8. In a separate bowl, whisk the eggs, milk, melted butter, salt, pepper, chili powder, and oregano to combine. Set aside.

Instructions continued on page 3.

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Instructions continued:

9. Returning to the skillet, make sure lentils and vegetables are well across the pan. Working from the center, gently pour the egg mixture into the skillet. Using a circular motion ensure you pour the egg mixture evenly throughout the pan.
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11. Cover and cook over low to low-medium until the eggs begin to firm-up.
12. When the eggs are still slightly jiggy, but mostly solid, remove the lid and top with cheese.
13. Transfer (uncovered) into preheated oven. Switch the oven to the broiler setting.
14. Broil until cheese begins to bubble and topping begins to brown.
15. Remove from the oven. Let rest 5 minutes on a heat proof surface.
16. Slice into four wedges.
17. Serve, garnished with fresh basil.

Culinary Notes:

- This recipe works well with a variety of vegetables, spice combinations, and/or different cheeses.
- Packed with protein and fiber, this easy skillet meal can be served for breakfast, lunch, or supper.
- For a balanced meal serve with a slice of whole grain bread and a dollop of homemade olive tapenade.
- If you do not have an oven-safe skillet, continue from step 11 with your stove top skillet over low heat. Avoid over-cooking, but ensure the eggs are cooked through and firmed up. Top with cheese and cover to melt. Remove from heat and continue with resting/serving/garnishing as above.