

Kitchenalia Westboro

315 Richmond Road Ottawa, Ontario | (613) 728-6121

Kale, Potato, and Roasted Garlic Frittata

Serves 6 - 8

Earthy kale and hearty potatoes are the highlights of this well-balanced, satisfying frittata. Sweet and aromatic, roasted garlic sits atop the fluffy egg, while nutty Parmesan is woven throughout this comfort dish. Bonus: This dish makes an irresistible centerpiece at any brunch or dinner table.

Ingredients:

| | |
|---|--|
| 1 whole garlic bulb | 2 cups chopped kale leaves, stems removed |
| 1/2 tablespoon olive oil | 7 large eggs |
| 3 tablespoons butter | 1/2 cup whole milk |
| 1 yellow onion, diced | 1 cup shredded Parmesan cheese |
| 1 shallot, finely chopped | 1/4 teaspoon cumin |
| 2 medium Yukon gold potatoes, peeled and diced into 1/2" cubes | 1/4 teaspoon Kosher salt |
| 1 teaspoon fresh rosemary, chopped | 1/8 teaspoon black pepper |
| | 1 tablespoon fresh chives |

Directions:

1. Preheat the oven to 350°F. Trim the top 1/4" off of the garlic bulb and place the bulb in the center of a sheet of aluminum foil. Drizzle with the olive oil and wrap, securing the foil at the top of the garlic bulb to ensure that the oil does not drip out. Place the garlic in a small baking dish.
2. Roast the garlic for 40 minutes or until the cloves are deeply golden brown. Let cool slightly, then carefully remove the roasted cloves from the bulb. Set them aside.
3. Meanwhile, in a large skillet over medium heat, melt the butter. Add the onion and shallot and sauté until fragrant and beginning to brown, about 8-10 minutes. Add the potatoes and rosemary and cover the pan. Cook until the potatoes are fork tender, about 10-15 minutes. Add the kale and cook until the leaves are wilted, about 5 minutes.
4. In a large bowl, combine the eggs, milk, cheese, cumin, salt, and pepper. Beat together until ingredients are well mixed. Pour the egg mixture over the vegetables in the skillet, and evenly scatter the roasted garlic cloves on top.
5. Bake the frittata, uncovered, for 25-30 minutes or until the egg is firm and cooked in the center.
6. Top with fresh chives and additional salt and pepper to taste. Serve with a side salad or warm, toasted bread.