

## COZY MUSHROOM HERBED CHÈVRE FRITTATA

### Ingredients:

2 tablespoons olive oil  
8 ounces mushrooms sliced  
1 medium red bell pepper diced  
1 tablespoon unsalted butter  
3 cups kale leaves see note #1  
3 cloves garlic minced  
½ teaspoon salt divided in half  
8 large eggs  
¼ teaspoon black pepper  
⅓ cup 2% milk  
2 ounces herbed chèvre

### Recipe:

1. Preheat the oven to 400 degrees F.
2. Heat a 12 inch cast iron pan over medium-high heat. Once hot, add two tablespoons olive oil. To the hot oil add sliced mushrooms and diced bell pepper. Sauté until lightly browned, about 6-8 minutes.
3. Add in the butter, kale, garlic and ¼ teaspoon salt. Sauté until kale is wilted and a little crispy. Meanwhile, whisk together eggs, milk, ¼ teaspoon salt, and pepper until thoroughly combined.
4. Once the kale is ready, turn the heat off and crumble chèvre evenly across the veggies. Pour the egg mixture over the veggies, tilting the pan as needed to evenly distribute.
5. Bake uncovered at 400F for 14-16 minutes. You can tell the frittata is done because the edges will be golden and pulling away from the cast iron a bit.

It should also puff up a bit (it's okay if it doesn't puff up, that just means a hole caused the air to escape).

6. Test for doneness by inserting a toothpick in the center of the frittata. Remove from the oven and enjoy!

