



ROASTED TOMATO, KALE, GOAT CHEESE AND SAUSAGE FRITTATA

SERVINGS: 8 | PREP TIME: 30 MINS | COOK TIME:

INSTRUCTIONS:

1. Heat oven to 400 degrees
2. Half roma tomatoes and toss with 2 Tbsp olive oil, salt and cracked pepper
3. Place tomatoes on sheet pan cut side down and roast until skins are blistered. Set aside
4. Turn oven down to 350
5. Blanch kale in boiling salted water and shock in ice water. Remove from ice water, squeeze water out and roughly chop. Set aside
6. Remove sausage from casings. Set aside. Place 10 in. cast iron pan on medium heat
7. Whisk eggs and milk together and season with salt and pepper
8. Gently fold roasted tomatoes, kale and crumbled chèvre into egg mixture
9. Add olive oil to cast iron pan. Add sausage and thyme leaves and sauté sausage while breaking up with wooden spoon
10. When sausage is browned, gently pour in egg mixture
11. Stir all ingredients gently in pan until evenly distributed
12. Top mixture with parmesan cheese and place in oven
13. Bake frittata until golden brown and set in the middle, 15-20 min
14. Gently shake the pan to test for doneness. The middle should not jiggle or look runny
15. Continue to bake for 5 minutes at a time until middle is set
16. Let frittata rest for 10 minutes on counter before cutting

INGREDIENTS:

12 eggs
1/2 cup milk
4 ounce chèvre
1/2 cup shredded parmesan cheese
4 roma tomatoes
4 links sweet Italian sausage
6 leaves kale
1 TBSP. thyme leaves
4 TBSP. olive oil divided