



Kale might be all the rage in the food world, but I love kale for its assertive flavor and nutritional profile. My dog, Cookie, will eat anything, but I feel good about feeding her kale because it is rich in beta-carotene, vitamins and anti-cancer properties. I usually just toss Cookie scraps of vegetables while I'm cooking, but it was a treat to share these mini frittatas with her for dinner. She loved them!

Dog-sized Baked Frittatas

Recipe by Kathryn Taylor of CookieandKate.com

Ingredients:

one medium bunch of green or purple kale (about 8 leaves), chopped into small, bite-sized pieces
 splash of olive oil
 pinch of sea salt
 6 eggs
 1/3 cup milk
 1/2 cup shredded cheese (recommended: cheddar and some Parmesan)

Instructions:

Preheat oven to 400 degrees Fahrenheit. Grease the cups of a standard 12-muffin tin. Sauté chopped kale in a large skillet, preferably cast iron, with a splash of olive oil and pinch of salt. Cook, stirring often, for about 5 minutes, until the kale is tender, dark green and fragrant. Set the kale aside to cool.

In a medium mixing bowl, whisk together the eggs and milk. Stir in the cheese and kale. Use a large spoon to transfer the mixture into each of the muffin cups, filling them about halfway. Bake for 18 minutes, or until the frittatas are lightly golden.

Store in the refrigerator, covered, for up to 3 days. Use organic ingredients if possible. If you'd like smaller frittatas, try filling the muffins cups about a quarter of the way, and check for doneness after 8 minutes.

