

Bell Pepper, Kale & Goat Cheese Frittata

30 minutes | 2 servings



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Grab ingredients

6	eggs
1 clove	garlic
½ (4 oz) log	goat cheese
½ bunch	kale
1	red bell pepper
	black pepper
	extra virgin olive oil
	salt

Cook & enjoy

- 1 Wash and dry the fresh produce.
1 red bell pepper
½ bunch kale
- 2 Preheat the oven to the broil setting and position the rack in the upper third of the oven.
- 3 Fold each kale leaf lengthwise, slice away and discard the stems, and chop the leaves crosswise into 1-inch strips. Transfer to a medium bowl.
- 4 Trim off and discard the root end of the garlic; peel and mince or press the garlic. Add to the bowl with the kale.
1 clove garlic
- 5 Preheat an ovenproof skillet over medium heat.
- 6 While the skillet heats up, quarter the bell pepper lengthwise; remove and discard the stem, seeds, and membranes. Medium dice the pepper.
- 7 Once the skillet is hot, add olive oil and swirl to coat the bottom.
1 tbsp extra virgin olive oil
- 8 Add the bell pepper to the skillet and season with salt and pepper; cook, stirring frequently, until softened, 4 to 5 minutes.
¼ tsp salt
⅛ tsp black pepper
- 9 While the bell pepper cooks, in a medium bowl, combine and whisk together the eggs, water, salt, and pepper.
6 eggs
2 tbsp water
¼ tsp salt
⅛ tsp black pepper
- 10 Add the kale and garlic to the skillet; cook, tossing frequently, until wilted, 2 to 3 minutes.
- 11 Pour the egg mixture into the skillet. While tilting the skillet with one hand, lift up the edges of the frittata with a spatula and let the eggs run underneath during the first few minutes of cooking. Cook until most of the frittata is set, but the top is still runny, 4 to 5 minutes.

12 Crumble the goat cheese overtop of the frittata.

½ (4 oz) log goat cheese

13 Transfer the skillet to the oven and broil until the top is set and lightly browned, 2 to 3 minutes.

14 To serve, separate the frittata into wedges and divide between plates. Enjoy!