



## **MUSHROOM, KALE & SMOKED GOUDA FRITTATA**

*serves 4-6*

### **INGREDIENTS**

- 8 large eggs
- 1/3 cup full-fat sour cream
- 1 tablespoon water
- 3/4 teaspoon smoked sweet paprika
- kosher salt and freshly ground black pepper
- Olive oil
- 8 ounces baby bella / cremini mushrooms
- 1/4 pound uncooked Italian sausage or plant-based sausage
- 1/2 medium white or yellow onion, finely chopped
- 1 clove garlic, minced
- 1 medium bunch lacinato kale (about 9 ounces), center ribs removed and leaves torn into bitesized pieces
- 6 ounces smoked gouda cheese, grated, and divided

## INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. Whisk eggs, sour cream, water, paprika,  $\frac{1}{4}$  teaspoon salt, and  $\frac{1}{4}$  teaspoon pepper in a large bowl until thoroughly combined. Set aside.
3. Clean mushrooms with a damp paper towel or mushroom brush. Trim stems and thickly slice the mushrooms. Set aside.
4. Heat a good splash of olive oil in an 8-inch oven-proof non-stick skillet or well-seasoned cast iron skillet over medium heat. Add sausage to pan, breaking into crumbles with a wooden spoon as it browns. When cooked through, remove to a paper towel-lined plate with a spoon.
5. If pan is dry-ish, pour in another splash of olive oil. Raise heat to medium-high and add mushrooms, stirring occasionally until they sweat and soften. Season lightly with salt and pepper, continuing to cook until mushrooms have browned. Remove and place on plate with cooked sausage.
6. Reduce heat to medium and add another glug of olive oil. Place onion in pan, season lightly with salt and pepper, and cook until softened and light golden. Stir in garlic and cook for one minute more.
7. Place half of kale and a teaspoon of water in pan with the onions and garlic, stirring to combine. When first half of kale has wilted a bit, add the second half. Cook, stirring regularly, until wilted.
8. Return sausage and mushrooms to pan, stir to combine, then distribute ingredients evenly in pan. Pour in egg mixture and gently shake pan to distribute, then scatter  $\frac{2}{3}$  of cheese over top. Press cheese into frittata mixture to incorporate. Allow to cook on stove (do not stir) until edges are set, about 5 minutes.
9. Place pan in oven and bake for 10 minutes. Check for doneness by giving the pan a shake: You want eggs to be set, puffed, and light golden with a small giggle remaining in center. Continue to cook—checking frequently—until eggs have reached this point of doneness.
10. Remove pan from oven and carefully place oven rack in top position. Turn oven to broil.
11. Scatter remaining cheese over top and broil until cheese is golden, about 60 seconds (watching carefully to avoid burning).
12. Cool for a few minutes before cutting into wedges. Frittatas can be enjoyed hot, room temperature, or cold. Serve alongside a simple arugula salad, if desired.

