

Spicy Pork Sausage Frittata

Serves 6

- 4 tbsp olive oil, for cooking
- ½ cup diced yellow onion
- 8 oz spicy pork sausage, ground
- 1 cup lacinato kale, cut into thin ribbons
- ½ cup crumbled feta or shredded cheddar cheese (optional)
- 8 large eggs
- ½ cup milk
- ¾ tsp salt
- ¼ tsp black pepper

Preheat oven to 350°F. Heat 3 tablespoons of olive oil in a 10" oven-safe skillet over medium-high heat. Add ½ cup diced onions. Cook, stirring occasionally, until softened, about 5 minutes. Add 8 oz ground spicy pork sausage. Sauté, breaking into crumbles with spatula, until browned, about 8 minutes. Remove onions and sausage to a small bowl.

Add 1 tablespoon olive oil to the skillet and sauté kale over medium-high heat until wilted and bright green, about 3 minutes. Remove from pan and mix with sausage and onions.

Meanwhile, whisk 8 large eggs in a medium bowl with ½ cup of milk, ¾ teaspoon salt, and ¼ teaspoon black pepper.

Pour the egg mixture into your skillet on medium-high heat, stir in sausage/onion/kale mixture and cheese (optional). Then cook just until edges start to pull away from the pan. This will take 5 to 7 minutes. Transfer skillet to oven and bake until set, 16 to 18 minutes. Enjoy!

*Adapted from [Epicurious](#)