

Breakfast | Lunch | Dinner

Caramelized Onion & Butternut Squash Frittata

15 Mins
Prep Time

25 Mins
Cook Time

4
Servings

267 Calories **18g Fat** **9g Carbs** **16g Protein**



Ingredients

4 Servings 40 Mins Total Allergens: Dairy, Eggs

2 Tbsp Olive Oil

½ Medium White Onion, thinly sliced

1 Cup Lacinato Kale, leaves removed from stems and thinly sliced

½ lb Butternut Squash Noodles, roughly chopped

2 Cloves Garlic, minced

8 Eggs, beaten

1 Tbsp Fresh Rosemary, minced

1 Tbsp Fresh Thyme, removed from stems

Salt and Pepper, to taste

Optional: ¼ Cup Feta Crumbles, or ¼ Cup Smoked Gouda cut into bite-sized pieces

Allergen Swap

Dairy Omit cheese

Egg There is no substitute for the eggs in this dish

Nourishment Note!



Butternut Squash

High in carotenoids and antioxidants, these nutrients are key to helping protect body cells and manage chronic pain. Squash is also high in fiber important for digestion, and potassium important for helping with maintaining healthy blood pressure levels.



Kale

Kale is a high nutrient food packed with several vitamins, minerals, and antioxidants. It may help lower cholesterol, protect the heart from heart disease, and reduce the risk of developing certain forms of cancer.



Onion

Onions help feed our gut bacteria, promoting a healthy digestive system. Onions are also high in antioxidants to protect healthy cells from damage, and they may help reduce the risk of heart disease.



Garlic

Garlic is a member of the onion family and is rich in vitamins, minerals, and antioxidants to help reduce the risk of various diseases, such as heart disease, Alzheimer's, and Dementia.



Eggs

Eggs are an excellent source of lean protein to help grow new cells. Eggs also contain lutein that may promote eye health and choline important for memory.

Instructions

1 Preheat Oven

Preheat the oven to 425° F.

2 Sauté Onions

Add olive oil to a medium-sized skillet. Heat over medium heat and add the onions. Stir occasionally until the onions become light brown in color. Transfer onions to a mixing bowl and set aside.

3 Add Squash, Kale, and Garlic

Add the butternut squash to the pan, stirring occasionally. Cook until softened. Add the kale and the garlic. Cook until the kale becomes soft. Add the onions back to the pan.

4 Add Eggs

Pour the beaten eggs over the vegetables in the skillet. Add salt, pepper, and herbs. Lightly mix everything together, then allow the eggs to cook for about 2-3 minutes until they appear to begin firming up. Sprinkle cheese over the top.

5 Transfer To Oven

Carefully transfer the pan to the oven and cook for 15-20 minutes, or until the eggs appear well-cooked and the cheese is bubbly and melted. Using an oven mitt, carefully remove the skillet from the oven.

6 Serve & Enjoy!

Allow to cool slightly, cut a slice and enjoy!

Recipe created by Meijer Registered Dietitians:
Beth Eggleston, RD & Emily Parsell, RD

What You'll Need



Cutting Board



Knife



Measuring Cups



Measuring Spoons



Medium-Sized Skillet



Medium-Sized Mixing Bowl



Oven Mitt



Spatula

PD Cooking Tips

Kale: Purchase pre-chopped kale to reduce hand strain associated with chopping.

Herbs: Use an herb stripper and scissors to cut fresh herbs or substitute 1 tsp each of dried rosemary and dried thyme.

Garlic: Purchase jarred, minced garlic.

Onion: Purchase frozen or pre-chopped onions.