

Turnip Greens Frittata

-2 tablespoons olive oil
-1 large or 2 small white potatoes, skin on and finely diced (no larger than 1/4-inch; 1 1/2 cups total)
-1 garlic clove, smashed and chopped
-1 to 2 bunches turnip greens, stems discarded and leaves sliced crosswise into - 1/2-inch strips, supplement this with kale, collards, beet greens, chard, etc (you should have 4 cups loosely packed sliced greens)
-8 eggs, lightly beaten
-Coarsely ground black pepper
-1/4 cup grated Parmesan cheese
-Herbs of your choice, roughly chopped, for garnish (basil, cilantro, dill, parsley are all delicious with eggs)

1. Heat the oven to 375 degrees.
2. Warm the oil in a large skillet.
3. Add the potatoes and cook over medium high heat until browned on the edges and soft in the center.
3. Add the garlic and season with salt after the potatoes have been cooking for 2 minutes.
4. Stir in the turnip greens and cook until wilted and tender, about 3 minutes.
5. Season the eggs with salt and pepper.
6. Pour the eggs into the pan, sprinkle with the cheese and transfer to the oven.
7. Bake until the frittata is just set, about 10 minutes.
8. Remove from oven and sprinkle with chopped herbs. Let cool for 10 minutes, then slice and serve.

Nutritional Facts: 1,111 Calories, 73 Carbs, 66g Fat, 59g Protein, 678mg Sodium, 5g Sugar