

Sausage, Kale & Parsnip Frittata

Cook Time 35 minutes

Servings 6 servings



Ingredients

- 5 large eggs
- 3 large egg whites
- 2 tablespoons grated Pecorino Romano cheese
- Kosher salt
- Freshly cracked black pepper
- 2 teaspoons olive oil
- 6 ounces sweet Italian chicken sausage, remove casings (I prefer a nitrate, nitrite free sausage)
- 1 small red onion, chopped
- 2 medium peeled and diced parsnips
- 1/8 teaspoon garlic powder
- 1/8 teaspoon paprika
- 1 cup chopped lacinato kale (also known as dinosaur kale) which is mild and sweet. If using other varieties of kale, you will need to remove stems and ribs which are tough and bitter.

Instructions

Preheat oven to 400° F

1. Crack the eggs and egg whites into a bowl. Add grated Pecorino Romano cheese, add salt and black pepper and beat until blended.
2. Heat a skillet to medium, add 1 teaspoon of the oil, your fresh sausage and the onions to the skillet, breaking the meat with a spoon while searing until sausage is golden brown and onions tender.
3. Transfer cooked mixture into another bowl.
4. To prepare the parsnips first wash and peel, then slice into bite size chunks.
5. In the same skillet, add the remaining 1 teaspoon of oil to the pan, then add the parsnips. Season with salt, garlic powder, paprika, and black pepper. Cover and cook the parsnips over medium-low heat, stirring occasionally, until crisp and tender, 10 – 12 minutes. Add the kale, cover and cook until wilted, 2 – 3 minutes
6. Add the cooked sausage and onions back into the skillet, stir to combine.
7. Pour the egg mixture into the skillet. Reduce heat to low and cook until the edges are set 6 – 8 minutes.
8. Transfer the mixture into an oven safe skillet or pan and bake until the frittata is completely set and cooked through, 8 – 10 minutes.
9. Optional: Sprinkle additional Pecorino Romano cheese over top and serve.

Low Carb / Keto / Gluten Free