

Skillet Kale Crunch Frittata

Ingredients:

- 1 tbsp olive oil

- 1 medium onion, diced

- 2 cloves pressed garlic

- 4 oz sliced button mushrooms

- 1½ tsp salt, divided

- ½ tsp pepper, divided

- 2 tbsp peanut oil

- 1½ cups cooked brown rice

- 1 cup shredded swiss cheese, divided

- 8 eggs

- ⅓ cup heavy cream, half & half OR whole milk

- 8 Chick-fil-A® Nuggets, chopped

- 1 (small) Kale Crunch Side



Directions:

- Wash hands for 20 seconds using soap and warm water.
- If not using chicken immediately, pop in the fridge as soon as possible after purchase and remove once ready for prep.
- 1. Preheat oven to 450 degrees.
- 2. Sauté onion, garlic & mushrooms in olive oil with ½ tsp salt & ¼ tsp pepper until veggies are softened, about 10 minutes. Remove from heat & allow to cool for 15 minutes (or make in advance & chill).
- 3. In a 10" cast iron skillet, add peanut oil & brush to coat surface (there will be some oil pooling in bottom of skillet).
- 4. Press brown rice into base of skillet, forming a crust that covers the bottom and about 1/8" up sides.
- 5. Sprinkle ½ C cheese evenly over rice.
- 6. In a medium bowl, whisk eggs, cream, remainder of salt & pepper. Stir in sautéed veggie mixture, CFA Grilled Chicken & Kale Crunch.
- 7. Pour egg filling over rice crust & ensure ingredients are evenly distributed. Add remaining cheese to top.
- 8. Place skillet in HOT 450-degree oven on lowest rack. Bake for 15-20 minutes. Internal temp should be 165 for food safety but this should read 180 or higher.
- 9. Using a hot pad, remove skillet from oven & allow to set for 5 minutes. Enjoy!