

HOW TO MAKE ROBERT IRVINE'S



INGREDIENTS

10 large eggs

1/2 cup milk

Salt and pepper

1 tbsp grapeseed oil

1/2 Spanish white onion, small dice

2 cups sliced broccoli

2 cups baby kale

1 cup white cheddar cheese, shredded



*[Scale the ingredients
for your family and friends.]*

KALE, BROCCOLI & WHITE CHEDDAR FRITTATA

- 1 Preheat oven to 425 degrees.
- 2 In a large bowl, add eggs and milk. Season with salt and pepper.
- 3 In a 10-inch cast-iron skillet or non-stick pan over medium heat, add grapeseed oil and onions, and cook for approximately 4 minutes, allowing onions to get some color. Next add broccoli and kale and allow to cook another 3 minutes.
- 4 Add egg and milk mixture. Cook on stovetop for 2 minutes.
- 5 Place egg mixture in the oven, cook for 6 minutes and top with grated cheddar cheese.
- 6 Cut into wedges and serve.
- 7 Don't forget Pure Life® water!



Make the recipe and share with
#PureLifeSummerChallenge