

# Healthy Recipe: Kale & Feta Cake

It's easy to make, even when feeling tired.

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This tasty frittata is called “Kale & Feta Cake” mainly because it's layered in the middle with feta. It's really more of a flourless torte, but whatever it's called, this is a delicious, nutritious way to turn the super-food kale into a crowd-pleasing main course. It's easy to make, even when feeling tired. All in all, it takes the cake!

4 servings

9 ingredients

20 minute prep

## Ingredients

- 2 tablespoons olive oil, divided
- 1 clove garlic, thinly sliced
- 1 large shallot, thinly sliced
- 1 bunch kale leaves stripped (about 15 leaves), washed and thinly sliced
- ½ teaspoon smoked paprika
- 2 tablespoons parsley, chopped
- 5 large eggs
- Salt and pepper, to taste
- 1 cup crumbled Feta cheese, divided

## Directions

1. Heat the oil in a wide sauté pan. Add the garlic and shallot. Cook until golden. Add the shredded kale and sweat until it has softened, about 8 minutes.

2. Add the smoked paprika and parsley and cook for 1 minute. Then turn off the heat.
3. In a large bowl lightly beat the eggs. Add salt and pepper, to taste.
4. Pile the hot kale into the eggs and mix well.
5. Heat the remaining tablespoon of olive oil in an 8-inch cast iron skillet or other oven-safe pan. Pour in half the kale and egg mixture and sprinkle with half of the feta. Pour in the remaining kale and egg mixture, then top with the rest of the feta.
6. Cook over a medium-low heat on the stovetop until the egg starts to set then finish cooking under the broiler for 8 to 10 minutes until set and browned. Serve cut into wedges.

## Chef Tips

This dish is a great way to use up leftover kale. Two cups of cooked kale will be needed. Here's how to adapt the recipe:

Cook the shallots and garlic as in step 1, then add the cooked kale, it only needs to be heated through, so cook about 2 minutes only. Proceed with the recipe from step 2.

## Nutrition Facts (per serving)

Calories: 303; Fat: 22g; Saturated Fat: 9g; Polyunsaturated Fat: 3g; Monounsaturated Fat: 9g; Carbohydrates: 13g; Sugar: 5g; Fiber: 4g; Protein: 17g; Sodium: 478mg

## Registered Dietitian Approved

Our recipes, articles, videos, and more content are reviewed by our Registered Dietitian Kate Ueland, MS, RD, CSO, a board-certified specialist in oncology nutrition, to ensure that each is backed with scientific evidence and follows the guidelines set by the [Oncology Nutrition for Clinical Practice, 2nd Ed.](#), published by the Oncology Nutrition Dietetic Practice Group, a professional interest group of the [Academy of Nutrition and Dietetics](#), and the [American Institute for Cancer Research](#) and the [American Cancer Society](#).

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