

KALE AND ROASTED PEPPER FRITTATA

Ingredients

10 eggs	1 cup (4 ounces) crumbled
½ cup whole milk	feta cheese with sun-dried
1 tsp Greek seasoning	tomatoes and basil
2 cups baby kale (or baby	¾ cup diced roasted red
arugula or spinach)	peppers
	1 ½ cups water

Directions

1. Spray 1 1/2-quart (6- to 7-inch) soufflé dish with nonstick cooking spray. Beat eggs, milk, and Greek seasoning in medium bowl until well blended. Stir in kale, feta, and roasted peppers. Pour into prepared dish; cover with foil.
2. Pour water into pot. Place rack in pot; place soufflé dish on rack using foil sling or handles of rack.
3. Secure lid and move pressure release valve to sealing or locked position. Cook at high pressure 30 minutes.
4. When cooking is complete, use natural release for 10 minutes, then release remaining pressure. Uncover; let stand 5 minutes before serving.