



POPSUGAR
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Frittata

If the thought of frittata doesn't make you salivate on command, then the addition of kale might. This **sweet potato, kale, and red onion frittata** can be a treat at the start or end of your day. With superfoods like sweet potato and egg whites, this meal is satisfying at any meal.

Source: Flickr user Jarlsberg USA

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