**KALE QUICHE**

**NAME OF DISH**

**INGREDIENTS**

**Crust:**
- 1 cup of whole wheat
- 1/4 cup of safflower oil
- 2 tablespoons of buttermilk

**Filling:**
- 4 cups packed kale
- 1 cup cottage cheese
- 2 tablespoons of buttermilk
- 6 scallions
- 1 egg yolk
- 2 egg whites
- Dash of nutmeg

**INSTRUCTIONS**

**Step 1**– Measure the ingredients for the crust directly into a 9-inch pie plate. Toss with a fork until combined, then press against the bottom and sides of dish to form pie shell.

**Step 2**– Steam kale for five minutes. Coarsely chop. Place in the pie crust.

**Step 3**– In a blender, combine the cottage cheese, buttermilk, scallions and the egg yolk. Process on low speed until smooth. Beat the egg whites with an eggbeater or electric mixer set on a medium speed. When the whites are stiff, fold into the cottage cheese mixture, along with some nutmeg.

**Step 4**– Please cheese mixture over the kale in the unbaked pie shell. Place in preheated oven at 375 degrees F. and bake for 35 to 40 minutes, or until firm.

**RECIPE COURTESY OF THE NATURAL HEALING COOKBOOK**

**VISIT BCOC.ORG FOR MORE RECIPES!**