

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

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