

Kale and Mushroom Frittata

¼ cup chicken broth
2 cups shredded kale (or spinach)
1 cup sliced, fresh mushrooms
¼ cup chopped onions
5 egg whites
1 egg
½ tsp crushed, dried basil
w/r tsp crushed dried thyme
¼ cup shredded mozzarella

1. In medium pan, heat broth to boiling, add kale or spinach, mushrooms and onion. Cover and cook over medium heat for 9-12 minutes, or till tender. Drain well.

2. In a medium bowl lightly beat egg whites and whole egg. Stir in basil, thyme, 1/8 tsp salt and 1.8 tsp pepper. Set aside. Oil an 8-10 inch ovenproof skillet and preheat over med. heat. Add kale mixture and pour egg mixture over. Bake at 350 for 8-10 minutes, or till eggs are set. Top with cheese and bake 2 minutes more. Cut into wedges. 3 servings.

Adapted from 'Healthy Family cookbook.

Layered Kale Casserole

1 ½ cups cooked brown rice
1 cup shredded cheese
¼ cup minced green onion
¼ cup minced celery leaves
1 tsp Worcestershire sauce
¼ cup milk
¼ tsp thyme
¼ tsp ground sage
¼ tsp rosemary

Salt and pepper to taste

2 cups cooked chopped kale

Preheat oven to 375. Oil a 1 ½ qt covered casserole dish. Mix all ingredients *except* kale in a bowl. Place ½ the kale in the prepared casserole dish and spread the rice mixture over evenly. Cover with remaining kale and bake 15-20 minutes (or more), until cheese is melted and bubbling. 4-6 servings.

Broccoli & Company

Kale~

Kale can be rinsed and stored in the refrigerator for a week or more. It can also be frozen for winter use if you just can't get to it now.

It will need to be blanched for 3 minutes then cooled quickly and frozen.

Kale works well with cream sauces. Try a vegetable Alfredo with Kale. Sauté' veggies like onions, garlic, carrots, broccoli, pea pods, turnips and others in any combination.

Mushrooms are also a nice addition, and seasonings like Thyme, Rosemary, Basil and kosher salt and pepper. Serve over pasta.

Kale can be steamed and served with a light topping of butter or flax or hemp oil.

Kale is great in egg dishes, too, like omelets, quiches or the enclosed Frittata recipe. It is delicious and very nutritious!