
Ricotta, Kale and Artichoke Quiche

6 cups kale, about 6 to 8 large leaves finely chopped
4 large, canned or frozen artichoke hearts (about 6 oz)
1 medium onion, chopped
1 clove garlic, minced
1 tablespoon olive oil -
Salt and pepper to taste
1/2 tsp grated nutmeg
1 tablespoon dried bread crumbs

For the Cheese Mixture
1 cup ricotta cheese
3 large eggs
1 cup milk
1 cup cheddar cheese
1 tablespoon flour
Salt and pepper to taste

- 1 Wash clean, pat dry kale. Chop artichokes into thin slices.
- 2 Sauté onion and garlic in oil. Add the artichoke; sauté 1 minute Add kale. Cook 4 minutes. Season with salt and pepper to taste Set aside to cool slightly.
- 3 In a bowl add the ricotta and milk. Whisk until smooth. Add the eggs and whisk well making sure no lumps. Season with salt and pepper.
- 4 Place the cooked kale-onion-artichoke mixture into a pie dish; sprinkle with grated cheddar.
- 5 Evenly pour the ricotta mixture in the pie dish. Sprinkle nutmeg and breadcrumbs on top.
- 6 Bake in a preheated oven at 340°F for about 30 minutes.
- 7 Let the quiche rest for at least 20 minutes before you cut.