

Baby Kale and Dill Bake



Servings: 12

*6 tablespoons butter, divided
bread crumbs
1/2 cup garlic sprouts/ramps
6 tablespoons flour
3 tablespoons fresh dill, chopped
2 1/2 cups whole milk
nutmeg
6 egg yolks
large egg whites
1/2 teaspoon cream of tartar
2 cups kale, fresh baby
1 cup gruyere cheese, grated*

Preheat oven to 400 F, butter and crumb ramekins, set onto a baking sheet w deep rim.

Melt butter in a large pot, add ramps (or chives), stir 30 seconds, add flour and cook until bubbling for 1-2 minutes without browning. Stir in dill.

Gradually whisk in milk and simmer whisking often, stir in nutmeg and remove from heat. Stir in cheese and then chopped baby kale. Allow to cool for 3-5 minutes while you beat egg whites with cream of tartar.

Whisk yolks into milk mixture and whisk until fully blended

When whites reach firm peaks, fold yolk/cheese mixture into whites gently.

Pour into ramekins and bake for 20 minutes on convection or 30 on normal bake.

Top with more chopped dill.

Per Serving (excluding unknown items): 169 Calories; 13g Fat (68.8% calories from fat); 7g Protein; 7g Carbohydrate; trace Dietary Fiber; 139mg Cholesterol; 122mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 2 Fat.