

## KALE FRITTATA

4 tsp coconut oil  
2 cloves garlic, minced  
8 cups kale, torn into bite-size pieces  
2 eggs  
4 egg whites  
½ cup cottage cheese  
¼ cup grating cheese, parmesan or romano  
1tbl flour  
½ celtic salt  
1/8 tsp pepper, freshly ground

Heat oil in heavy skillet, preferably cast iron.

Add garlic and cook 1 minute.

Add greens and sauté for 7 minutes or until very tender.

Transfer greens to a plate and wipe out pan.

In a food processor combine next 6 ingredients.

Add remaining oil and heat on medium. Add greens and pour egg mixture over.

Cook without stirring for 10 minutes or until egg are set around the edges and slightly wobbly in center.

Preheat broiler. Broil frittata 6 inches from heat for 1 minute or just until center is set.

Serves 4.