



## **KALE, EGG WHITE, RICOTTA FRITTATA**

**Chef Amanda Freitag**

**Serves 4-6**

**3 Tbsp. extra virgin olive oil**

**8 oz egg whites**

**1 ½ cups kale, cooked & chopped**

**2 scallions, chopped thinly**

**1/2 cup red bliss potatoes, cooked, diced**

**1/2 cup ricotta cheese**

**Salt & pepper to taste**

### **METHOD:**

**Preheat oven to 375 degrees. In a large 10 inch non-stick oven ready skillet heat 3 Tbsp olive oil over medium heat. In a bowl, combine the egg whites, cooked kale, potatoes and ricotta and beat together. Add the chopped scallion to the oil and sauté for one minute. Add the egg white vegetable mixture into the pan. Let the sides and the bottom of the frittata cook stovetop and then place in the oven to finish cooking. Cook the frittata for 8-10 minutes or until center is firm. Remove from the oven and let cool slightly. Cut into wedges and serve with fresh avocado slices.**

**Optional: serve with hot sauce or pickled cherry peppers**