



Kale Soufflé

Ingredients:

4 tablespoons extra-virgin olive oil
2 medium onions, chopped
2 lbs. kale
Kosher salt and freshly ground black pepper
2 cups shredded Cheddar (about 4 ounces)
12 large eggs
3 cups milk

Directions:

Preheat the oven to 350 degrees F. Butter a casserole dish.

Heat the oil in a large skillet over medium heat until hot. Add the onion and cook, stirring, until golden, 6 to 8 minutes. Stir in the kale, 1/4 teaspoon salt and a couple turns of pepper and cook until tender, about 6 minutes. Spread the kale mixture evenly in the casserole dish. Sprinkle with the Cheddar.

Separate the egg whites and yolks. Whisk together the yolks, milk and 1/4 teaspoon of salt in a large bowl. In a separate bowl, beat the egg whites and 1/4 teaspoon of salt with an electric mixer. **DON'T BEAT ALL 12 EGG WHITES AT ONCE, DIVIDE IN TWO BATCHES** until they hold soft peaks, being careful to not overbeat. Then gently fold the whites into the yolk mixture. Pour the egg batter evenly over the kale in the casserole dish, and bake until the eggs are set and puffed, about 25 to 30 minutes. Serve immediately.