

Savoury Kale Muffins

Adapted by Our Young Chefs from "The Book of Kale", by Sharon Hanna

Makes 24 muffins

Once regarded as an "eye catching garnish" for the plate, kale is an important food trend now that is found in many recipes and on fashionable restaurant menus -- so many restaurants have a kale Caesar salad. Once limited by it's tough texture, the recipes and applications by today's cooks and chefs have made nutrient-rich kale versatile enough to use as a daily staple in your kitchen. Kale can be enjoyed both cooked or raw and either way, you gain its nutrient benefits -- so it is best to enjoy a variety of both in your diet. These muffins are an excellent option to enjoy kale as they also contain cottage cheese and thus provide a healthy amount of protein to help round out a tasty traditional carbohydrate-based treat. These are good as a snack, a savoury brunch item or paired with a meal such as a healthy soup.



INGREDIENTS

3 eggs
2 cups (16.3 ounces) low fat cottage cheese
6 tablespoons (3 ounces) unsalted butter, melted and slightly cooled
1 tablespoon *plus* 2 teaspoons dried dillweed
 $\frac{1}{2}$ of a medium onion to yield $\frac{1}{3}$ cup onion, finely diced *OR* grated

5 to 6 cups kale leaves, washed, dried, no large/coarse stems, coarsely chopped, *loosely* packed

DIRECTIONS

Prepare the muffin tins: Generously grease two (2) 12-cup non-stick muffin pans; set aside.

Optional: If desired, place a paper muffin-cup liner in each of the muffin-cup openings of the muffin pans, instead of greasing the muffin pan cups; set aside.

Prepare the wet ingredients: In a medium bowl, beat the **eggs** with a whisk until frothy. Add the **cottage cheese**, **melted butter** and **dillweed**; stir with the whisk mixing only to combine. Set aside.

Prepare the onion: Place about $\frac{1}{2}$ of a medium onion, cut into small chunks or slices, into a food processor *OR* a mini-prep processor, fit with the metal knife blade. Process using on/off pulses until the onion is finely chopped. Measure $\frac{1}{3}$ cup of the finely diced onion; add to the **cottage cheese mixture** and stir in.

Alternate method to prepare the onion: If a food processor is not available, the onion can be grated using the coarse holes on a box grater. To help reduce crying while grating, refrigerate the onion for a couple hours before grating.

Kale: Wipe out the food processor work bowl and carefully wipe off the blade using a paper towel. (No need to wash before this step; if using a mini-prep food processor it will take multiple processing batches.) Place the **kale leaves** in the food processor fit with the metal knife blade. Pulse a few times until finely chopped. Place the **chopped kale** in a cloth towel; squeeze the excess moisture from the kale. Add the **kale** to the **cottage cheese mixture**; set aside. →

Alternate method to prepare the kale: If a food processor is not available, finely dice the **kale** with a sharp Chef or Santoku knife using a rocking motion on a cutting board. Place the **chopped kale** in a cloth towel; squeeze the excess moisture from the kale. Add the **kale** to the **cottage cheese mixture**; set aside

1 $\frac{3}{4}$ (7.9 ounces) all-purpose unbleached flour

OR

1 $\frac{1}{4}$ cups (5.65 unces) all-purpose unbleached flour

plus

$\frac{1}{2}$ cup (2.3 ounces) whole wheat flour

$\frac{1}{2}$ cup (2.3 ounces) cornmeal

3 tablespoons sugar

1 $\frac{1}{2}$ teaspoons baking powder

$\frac{3}{4}$ teaspoon sea salt

Prepare the dry ingredients: Preheat the oven to 375°F. In a medium bowl, sift together the **flour(s)**, **cornmeal**, **sugar**, **baking powder** and **salt**. Add the **cottage cheese mixture** to the dry ingredients and *stir only enough to blend* - a few lumps are acceptable.

Portion the batter: Spoon the batter mixture into the prepared muffin pan, filling each cup full but not heaping to *evenly divide* the batter between the 24 muffin cups. If available, use an ice-cream scoop *OR* a #16 (blue handle) scoop/disher to divide the batter evenly among the prepared muffin cups. Sprinkle the tops of each muffin with **cheese**, if desired.

TOPPING

$\frac{1}{2}$ to $\frac{2}{3}$ cup Parmesan or cheddar cheese, grated, for topping (*optional*)

Bake and serve: Bake at 375°F for 17 to 20 minutes until the tops of the **muffins** are lightly browned or until the internal temperature of one of the **muffins** in the center of the pan reaches 205° to 210°F on an instant-read thermometer. Serve warm *OR* at room temperature.
