

SWEET POTATO, KALE, PECAN FRITTATA

Portion: 8 oz Yields: 8

Shredded sweet potatoes with blanched kale, pecans, grano and ricotta cheese baked in a custard



CALORIES (kcal): 316.5
PROTEIN (g): 18.9
CARBOHYDRATE (g): 31.5
TOTAL FAT (g): 13.9
SODIUM (mg): 408.9
SAT FAT (g): 4.4
DIETARY FIBER (g): 4.6

INGREDIENTS:

1/2 cup	Grano or Farro, Dry	1/2 cup	Golden Raisins
6 oz/4-1/2 cups	Kale, Fresh, Chopped	2 cup	Ricotta Cheese, Part Skim
1 Tbsp	Oil, Olive	3/4 tsp	Salt, Kosher
1 cup	Diced Onions, Fresh	1/4 tsp	Black Pepper, Ground
2 Tbsp	Garlic Cloves, Minced, Fresh	4 ea	Egg, Fresh
10 oz	Sweet Potatoes, Fresh, Peeled, Shredded	1-1/2 cup	Egg White, Pasteurized
1/2 cup	Pecan Halves, Chopped		

METHOD:

Place grano or farro grains in water and bring to a boil. Cook until tender, about 20-30 minutes. Drain and place in a bowl. Blanch kale in a separate pot with boiling water for 30 seconds to wilt, drain and rinse under cold water to cool. Squeeze out water and chop. Place in same bowl as the grain.

Heat oil in a hot pan and sauté onions and garlic until onions are translucent, about 2 minutes. Add to other ingredients. Add shredded potatoes, nuts, raisins, salt and black pepper to bowl. Mix well. Add in ricotta cheese and mix keeping the cheese a bit chunky. Place ingredients into an oven proof pan such as a 10" cast iron pan or cake pan.

Whisk together eggs and whites and add to pan. Press gently to ensure even distribution of ingredients. Bake in a preheated 350F degree oven for 20-30 minutes (it is ready when the center is firm to the touch).

CHEF'S NOTES:

Adding egg whites results in a fluffier lighter custard. You may omit the whites and have a slightly denser custard and just a delicious.

SWEET POTATO, KALE, PECAN FRITTATA

Portion: 8 oz Yields: 8

Shredded sweet potatoes with blanched kale, pecans, grano and ricotta cheese baked in a custard



CALORIES (kcal): 316.5
PROTEIN (g): 18.9
CARBOHYDRATE (g): 31.5
TOTAL FAT (g): 13.9
SODIUM (mg): 408.9
SAT FAT (g): 4.4
DIETARY FIBER (g): 4.6

INGREDIENTS:

1/2 cup	Grano or Farro, Dry	1/2 cup	Golden Raisins
6 oz/4-1/2 cups	Kale, Fresh, Chopped	2 cup	Ricotta Cheese, Part Skim
1 Tbsp	Oil, Olive	3/4 tsp	Salt, Kosher
1 cup	Diced Onions, Fresh	1/4 tsp	Black Pepper, Ground
2 Tbsp	Garlic Cloves, Minced, Fresh	4 ea	Egg, Fresh
10 oz	Sweet Potatoes, Fresh, Peeled, Shredded	1-1/2 cup	Egg White, Pasteurized
1/2 cup	Pecan Halves, Chopped		

METHOD:

Place grano or farro grains in water and bring to a boil. Cook until tender, about 20-30 minutes. Drain and place in a bowl. Blanch kale in a separate pot with boiling water for 30 seconds to wilt, drain and rinse under cold water to cool. Squeeze out water and chop. Place in same bowl as the grain.

Heat oil in a hot pan and sauté onions and garlic until onions are translucent, about 2 minutes. Add to other ingredients. Add shredded potatoes, nuts, raisins, salt and black pepper to bowl. Mix well. Add in ricotta cheese and mix keeping the cheese a bit chunky. Place ingredients into an oven proof pan such as a 10" cast iron pan or cake pan.

Whisk together eggs and whites and add to pan. Press gently to ensure even distribution of ingredients. Bake in a preheated 350F degree oven for 20-30 minutes (it is ready when the center is firm to the touch).

CHEF'S NOTES:

Adding egg whites results in a fluffier lighter custard. You may omit the whites and have a slightly denser custard and just a delicious.