INGREDIENTS:
3 eggs
1 cup of kale, chopped
1/4 cup onion, diced or 1 teaspoon onion powder
5 cherry tomatoes, halved or a small diced tomato
1 Tablespoon olive or vegetable oil
1/2 teaspoon salt free seasoning

*Optional: add 1/4 cup shredded cheese

DIRECTIONS:
1. Add oil to a frying pan. Turn burner heat to medium low for about 2 minutes.
2. Add kale and onion to hot oil. Cook for a few minutes or until onions are clear. Remove from pan and set aside.
3. Turn heat to low. Add eggs to pan and scramble until barely firm.
4. Add the kale and onion mixture to the eggs. Mix gently.
5. Add the tomatoes.
6. Serve warm with toast or a tortilla.

RECIPE TIPS:
• Choose fresh bunches with no yellow or brown spots. Look for crisp edges.
• Store whole bunches in the fridge crisper drawer for up to one week. Wrap in paper towel and store in a plastic bag.
• To prepare kale, pull the leaves off the center stem. Tear or chop leaves. Discard the stem.

EQUIPMENT NEEDED:
• Frying pan
• Spatula
• Measuring spoons
• Bowl

Recipe submitted by Mount Mary University Dietetics Department
Additional recipes available at: healthyshelves.org