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Kale Breakfast Scramble

SERVING SIZE: 1 cup
SERVINGS: 2
PREPARATION TIME: 5 minutes
COOK TIME: 10 minutes

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.

NUTRITION FACTS:

Amount Per Serving	
Calories	160
Total fat	11g
Saturated fat	2.5g
Cholesterol	246mg
Sodium	109mg
Total Carbohydrate	5g
Fiber	2g
Sugar	0g
Includes 0g of Added Sugars	
Protein	10g
Phosphorus	14mg
Potassium	319mg

EQUIPMENT NEEDED:

- Frying pan
- Spatula
- Measuring spoons
- Bowl

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