

# Kale Breakfast Scramble

February 2020

## 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

## Directions :

1. Add oil to a frying pan. Turn heat to medium low for about 2 minutes.
2. Add kale and onion to heated 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.

Harvest of  
the Month 



SERVING SIZE: 1 cup

SERVINGS: 2

PREPARATION TIME: 5 minutes

COOK TIME: 10 minutes

## Nutrition Facts

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