

Veggie Nest Eggs

Serves 8



Ingredients:

- 1 Tablespoon olive oil
- 2 cups of kale (curly or Lacinato), stems removed and leaves chopped into bite-size pieces
- 3 garlic cloves, minced
- 1 teaspoon dried oregano
- ½ teaspoon crushed red pepper flakes
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 small red onion, sliced into thin half moons
- 2 green bell peppers, sliced into thin strips
- 8 eggs
- 1 cup grape or cherry tomatoes, halved or quartered
- ½ cup parsley leaves, chopped
- ¼ cup feta cheese crumbles (optional)

Instructions:

1. Set a skillet (or extra-large sauté pan) to medium-high heat and add oil.
2. Add the kale to the skillet and sauté for 5 to 7 minutes or until the greens shrink to about half their original volume.
3. Stir in the garlic, oregano, red pepper flakes, salt, and pepper and sauté for about 30 seconds.
4. Add the onion and peppers and sauté for another 2 to 3 minutes until both begin to soften.
5. Move the vegetables into an even layer across the surface of the skillet. Then, create 8 holes by clearing the vegetables to expose small circles of the skillet. Crack one egg into each of the holes.
6. Cover the skillet and cook eggs for 2 minutes. Uncover and sprinkle the surface of the veggies and eggs with the tomatoes, parsley, and cheese, if using. Return the cover to the skillet for another 3 to 5 minutes or until the eggs are set to desired consistency or cooked all the way through.

Veggie Nest Eggs

Serves 8



Veggie Nest Egg		
Nutrition Facts		
Serving Size	1 × 8 Serving	
Amount Per Serving		
Calories	111.8	
		% Daily Value*
Total Fat	7.2 g	9 %
Saturated Fat	1.9 g	10 %
Trans Fat	0 g	
Cholesterol	186.5 mg	62 %
Sodium	217.3 mg	9 %
Total Carbohydrate	4.7 g	2 %
Dietary Fiber	1.4 g	5 %
Total Sugars	2.4 g	
Added Sugars	0 g	0 %
Protein	7.2 g	
Vitamin D	1.1 mcg	5 %
Calcium	55.7 mg	4 %
Iron	1.2 mg	7 %
Potassium	229.6 mg	5 %
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>		
<small>Full Info at cronometer.com</small>		<small></></small>