

KALE AND EGGS

Gluten Free, Low Carb / Diabetes Friendly, Lower Sodium, Vegetarian

Serves: 4

Nutrition (per serving)

Calories: 210	Total Carbohydrate: 5
Total Fat: 15 g	Dietary Fiber: 2 g
Saturated Fat: 4 g	Total Sugars: 1 g
Sodium: 302 mg	Protein: 10 g

Ingredients

- 2 Tablespoons olive oil
- 2 Tablespoons finely chopped shallot
- 8 cups chopped kale
- ¼ cup water
- 2 chopped sundried tomatoes
- ¼ cup crumbled feta cheese
- 4 large eggs

Directions

1. In a large skillet, sauté shallot in olive oil over medium heat for 3-4 minutes. Add kale and water and cover with lid. Cook for 5-7 minutes or until kale begins to wilt, stirring occasionally.
2. Stir in sundried tomatoes and top with feta cheese.
3. Crack 4 eggs directly on top of kale mixture, turn heat up to medium high and cover with lid. Cook for an additional 5-7 minutes or until egg white is cooked solid, but yolk is still runny.