



Kale, Feta & Egg Scramble

1 serving

15 minutes

Ingredients

2 tps Extra Virgin Olive Oil (divided)
 1/2 cup Kale Leaves (tough stems removed, chopped)
 3 Egg (whisked)
 1 tbs Feta Cheese (crumbled)
 Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	323
Fat	25g
Carbs	2g
Fiber	0g
Sugar	1g
Protein	20g
Cholesterol	566mg
Sodium	326mg
Vitamin A	1355IU
Vitamin C	10mg
Calcium	157mg
Iron	3mg
Vitamin D	125IU

Directions

- 1 Heat half of the oil in a pan or skillet over medium heat. Cook the kale until tender, about three minutes. Set aside.
- 2 Heat the remaining oil. Add the eggs and move them around with a spatula continuously, until fluffy and barely set, about two minutes. Stir in the kale.
- 3 Transfer the eggs and kale to a plate. Top with feta and season with salt and pepper. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Dairy-Free: Use nutritional yeast instead of feta cheese.

More Flavor: Add red pepper flakes.

Additional Toppings: Add fresh herbs, sliced red onions, smoked salmon, salsa, or guacamole.