



BREAKFAST SANDWICH

MATERIALS:

Sharp knife
Cutting Board
Measuring Spoons
Skillet
Spatula

INGREDIENTS:

1 small tomato
2 cups fresh kale, stems removed and chopped
2 slices whole wheat bread
1 teaspoon oil
2 large eggs
Pinch salt

Serves: 2

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DIRECTIONS:

1. Rinse and slice tomato into 4 slices. Rinse kale.
2. Toast bread and cut each slice in half.
3. In a medium skillet over medium heat, heat oil.
4. Gently break eggs into skillet. Be careful not to break the yolk. Cook about 1 minute. Carefully flip each egg over with a rubber spatula. Cook until yolk is slightly firm, about 1–2 minutes. Top 2 bread slices with cooked egg.
5. Add kale to skillet with a splash of water and pinch of salt. Cover and cook until wilted, about 5 minutes.
6. Top the egg with tomato and kale. Cover with the other bread slices to make a sandwich.

Chef's Notes:

- Top cooked eggs with sliced low-fat cheese, or avocado slices.
- Use what you have on hand, substitute spinach for kale or use English muffins instead of bread.