



SCRAMBLED EGGS W/ KALE

MATERIALS:

Sharp knife
Cutting Board
Measuring Spoons
Medium bowl
Fork or whisk
Skillet
Wooden Spoon

INGREDIENTS:

4 eggs
1/4 teaspoon salt
1/4 teaspoon pepper
1 tablespoon water
2 teaspoons oil
2 garlic cloves, minced or 1/4 tsp garlic powder
2 cups kale, tough stem removed and chopped into bite-sized pieces

Serves: 2

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DIRECTIONS:

1. In a medium bowl, crack the eggs, then add the salt, pepper, and water and beat well with a whisk or fork until the egg mixture becomes foamy.
2. Heat a skillet over medium heat, add the oil. When the oil begins to shimmer, add the kale and garlic, sautéing until wilted and soft, about 6 minutes.
3. Add the eggs to the pan and cook, stirring frequently with a wooden spoon until the eggs are soft and shiny. Remove the mixture from the heat and serve immediately.

Chef's Notes:

- Sauté any veggies you like and add to this dish.
- Eggs are quick and nutritious meal for breakfast, lunch or dinner.