

## Egg Nests

Number of servings: 4  
 Preparation time: 10 minutes  
 Total time: 20 minutes

### Ingredients:

- 1 tablespoon of olive oil
- 4 green onions, white and light green portions, chopped **or** ½ of an onion, chopped
- 2 garlic cloves, minced
- 2 bunches kale, tough stems removed, leaves roughly chopped
- 1 cup low sodium chicken or vegetable broth
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper, plus more, to taste
- 1 tablespoon lemon juice **or** vinegar
- 4 eggs (to lower cholesterol, use just the egg whites)
- Red pepper flakes, to taste

### Equipment Needed:

- Cutting board
- Knife
- Measuring spoons and cup
- Skillet with lid
- Wooden spoon

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### Directions

- Rinse and chop the green onions or onion. Mince the garlic. Rinse and tear or chop the kale into pieces, removing the stems.
- Heat the olive oil in a skillet over medium heat. Add the green onions (or onion) and garlic and cook, stirring, until fragrant (about 1 minute).
- Add half the kale and sauté until wilted, about 3-4 minutes. Add the rest of the kale and repeat.
- Add the broth, salt and pepper, and lemon juice (or vinegar) and stir. Allow mixture to simmer, stirring occasionally, until kale is soft (about 6 minutes).
- Using a spoon create 4 indents in the kale. Crack one egg into each indent and season with more pepper if desired. Reduce heat to medium-low and cook until eggs are mostly white, 4-5 minutes. Turn off the heat and let eggs rest, covered, until done to your taste.
- Sprinkle with red pepper flakes if desired. Serve hot.



**Cook what you have!**  
 You can also use fresh  
 spinach or Swiss  
 chard in this recipe.

### Nutrition Facts

Serving Size: 1 egg plus 1 cup greens  
 Recipe makes 4 servings

**Calories 141**

Amount Per Serving	%DV
Total Fat 9g	10%
Saturated Fat 2g	2%
Trans fat 0g	

<b>Cholesterol 212mg</b>	71%
<b>Sodium 350 mg</b>	15%
<b>Total Carbohydrate 6g</b>	2%
Dietary Fiber 2g	8%
Protein 11g	21%
Vitamin A	48%
Vitamin C	77%
Calcium	10%

**Percent (%) Daily Value:**  
**5% or less is LOW**  
**20% or more is HIGH**

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