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

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

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>%DV</th>
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<tbody>
<tr>
<td>Total Fat 9g</td>
<td>10%</td>
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<tr>
<td>Saturated Fat 2g</td>
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<tr>
<td>Trans fat 0g</td>
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<tr>
<td>Cholesterol 212mg</td>
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<td>Sodium 350 mg</td>
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<tr>
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<td>Calcium</td>
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</table>

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

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