

FRESH SAGE AND KALE OMELET

This recipe makes 1 serving



INGREDIENTS

2 eggs
1 tsp olive oil + a little more to cook eggs
1/2 cup loosely packed kale, chopped
1/2 cup loosely packed spinach, chopped
2 garlic scapes, diced
1 scallion, sliced small
2 tsp fresh sage, chopped
1/8 tsp basil
1/8 tsp oregano
salt and pepper, to taste



EQUIPMENT

Pans
Stove
Knife
Chopping board
Bowl
Plate
Spoon

NUTRITION FACTS PER SERVING

Calories: 222
Total Fat: 13.8g
Saturated Fat: 3.5g
Cholesterol: 327mg
Sodium: 155mg
Potassium: 494mg
Carbs: 12.6g
Fiber: 2.1g
Sugars: 1.3g
Protein: 14.1g



METHOD

1. Over medium heat, heat olive oil in a pan. Once pan is heated, add in your kale, spinach, scallion and garlic scapes.
2. While above mixture is cooking, whisk together eggs in a small bowl with basil, oregano, salt and pepper.
3. Once greens have wilted and scallions have begun to brown, remove from heat and cover.
4. In another pan, add a small amount of oil to cook your eggs over medium heat. Pour in your egg mixture and cover to steam. When eggs are almost completely cooked, add in your greens mixture to one side of the egg. Fold over the other side so that the greens are enclosed within the eggs. Let cook on one side for 30 seconds, then flip and cook on the other side for another 30 seconds.
5. Serve, and top with fresh sage. Enjoy!

