



KALE & CHILI EGGS

Prep Time: 10 minutes

Cook Time: 20 minutes

Yield: 1 serving

INGREDIENTS

- 1 tablespoon unsalted butter
- 2 green onions, white and light green portion, chopped
- 1 garlic clove, minced
- 2 cups kale, tough stems removed, leaves roughly chopped
- 1 cup chicken or vegetable broth
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- Zest and juice of 1 lemon
- 2 eggs
- 1/3 cup Monterey Jack or other cheese
- Red pepper flakes

DIRECTIONS

- **HEAT** a large fry pan over medium-high heat and **MELT** the butter.
- **ADD** the green onions and garlic and **REDUCE** heat to low. **COOK**, stirring until fragrant, about 1 minute.
- **ADD** half of the kale and **SAUTE** over medium heat, stirring frequently until it begins to wilt, about 2 minutes.
- **ADD** remaining kale and repeat.
- **ADD** the broth and half the salt and black pepper.
- **STIR** in the lemon zest and juice.
- **SIMMER** kale mixture until the kale softens, about 6 minutes.
- **PRESS** down into the kale with the back of a spoon to create 2 wells.
- **CRACK** one egg into each well and **SEASON** with remaining salt and pepper. **COVER** the pan until cooked about 4-5 minutes.
- **REMOVE** from heat and let rest until eggs are completely opaque.
- **SPRINKLE** with cheese and red pepper flakes and **SERVE**.