



Power Scramble

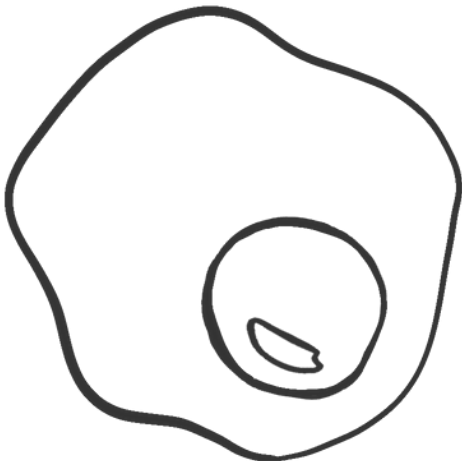
Prep Time: 5 mins Cook Time: 8 min Serves: 4

Ingredients:

- 8 large eggs
- ¼ tsp each of salt and pepper
- 1 Tbsp olive oil
- 4 cups of chopped kale, lightly packed

Pro-tip:

Try adding a bit of cheese or nutritional yeast for extra flavor, or putting it on whole wheat toast to eat on the go.



Instructions:

1. *Whisk the eggs, salt, and pepper in a bowl and set aside. (*Whisk means to stir quickly; use a fork if you don't have a whisk!)
2. Add the olive oil into a saute pan over medium heat and let the oil warm up for 2 minutes.
3. Add your kale and cook for 3 - 5 minutes, stirring occasionally.
4. Add your eggs to the pan. Scrape from the edge of the pan to the center constantly until all of the eggs are set (eggs are "set" when they are thick and there is no liquid egg visible!)