

HEALTH EDUCATION

Be Heart
Smart

Kale Breakfast Scramble

Ingredients

- 3 eggs
- 1 cup of kale, chopped
- 1/4 cup onion, diced or 1 teaspoon onion powder
- 5 cherry tomatoes, halved or a small diced tomato
- Tablespoon olive or vegetable oil
- 1/2 teaspoon salt free seasoning

Directions :

1. Add oil to a frying pan. Turn heat to medium low for about 2 minutes.
2. Add kale and onion to heated oil. Cook for a few minutes or until onions are clear. Remove from pan and set aside.
3. Turn heat to low. Add eggs to pan and scramble until barely firm.
4. Add the kale and onion mixture to the eggs. Mix gently.
5. Add the tomatoes.
6. Serve warm with toast or a tortilla.

Recipe Tips:

- Choose fresh bunches with no yellow or brown spots. Look for crisp edges.
- Store whole bunches in the fridge crisper drawer for up to one week. Wrap in paper towel and store in a plastic bag.
- To prepare kale, pull the leaves off the center stem. Tear or chop leaves. Discard the stem.



SERVING SIZE: 1 cup

SERVINGS: 2

PREPARATION TIME: 5
minutes COOK TIME: 10
minutes

Nutrition Facts

Amount Per Serving
Calories 160

Total fat	11g	
Saturated fat	2.5g	
Cholesterol	246mg	
Sodium	109mg	
Total Carbohydrate	5g	
Fiber	2g	
Sugar	0g	
Includes 0g of Added Sugars		
Protein	10g	
Phosphorus	14mg	
Potassium	319mg	



This recipe was created by the dietetics students of Mt. Mary University as part of their "Healthy Shelves" initiative.



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