

Kale Breakfast Bowls

2 tablespoons grapeseed or olive oil
1 red onion, sliced
1 red bell pepper, cut into matchsticks
1/4 teaspoon chili powder
1/2 pound lacinato kale
4 to 8 eggs (sunny side up, fried, or poached)
Salt and black pepper

Optional Toppings:

Diced avocado
Salsa
Guacamole
Shredded parmesan or jack cheese

Directions:

In a large skillet, heat the oil to medium. Add the red onion, bell pepper, and chili powder and sauté, stirring frequently, about 8 minutes. You want the veggies to be softened but still al dente. Add the chopped kale leaves, stir to combine, and cook an additional 3 minutes or until kale has wilted. Add salt and black pepper to taste. Serve your veggies with your choice of sunny side up, fried, or poached eggs on top. You can also add sliced avocado, salsa, guacamole, or sprinkle some cheese on top. Maybe throw in a tortilla or maybe some refried beans.



Greek Kale Salad with Lemon Olive Oil Dressing

Greek Salad Ingredients

- 1 large bunch about 10 ounces or 3-4 cups kale leaves, finely chopped**
- 1 pint cherry or grape tomatoes halved**
- 1 cucumber seeded and diced**
- 1/2 red onion thinly sliced**
- 1/2 cup crumbled feta cheese**

Lemon Dressing Ingredients

- 1/2 cup extra virgin olive oil**
- 1/4 cup lemon juice**
- 1 garlic clove minced**
- 1 teaspoon dried oregano**
- Salt and pepper to taste**

Directions:

To make the dressing: In a small to medium mixing bowl, combine olive oil, lemon juice, garlic, oregano, salt, and pepper. Whisk until combined.

To make the salad: Combine all the chopped ingredients in a large bowl, pour dressing over salad and mix. Sprinkle with extra feta cheese before serving. Prepared and dressed salad can be stored for up to 48 hours in the fridge.