



Kale Breakfast Bowl



Kale is a hearty leafy green that is packed with nutrients and can be a great addition to a variety of dishes. It is excellent in salads, can be baked into chips, or used as a pasta ingredient. Try this recipe to get you started!

INGREDIENTS

- 1 Tablespoon olive oil
- 1 cup (packed) kale, chopped
- ½ Cup cooked quinoa
- 1 Garlic clove, minced
- ¼ Teaspoon crushed red pepper
- 2 Green onions, thinly sliced
- 1 Teaspoon red wine vinegar
- 2 Tablespoons parmesan cheese, grated
- 1 fried or poached egg

DIRECTIONS

1. Heat olive oil over medium-high in a sauté pan.
2. Add kale season with a pinch of salt, and cook for about 1 minute.
3. Add garlic and crushed red pepper
4. Add the cooked quinoa.
5. Add green onion and vinegar, turn off heat, and toss to mix the ingredients.
6. Serve the kale mixture with a fried or poached egg and topped with parmesan egg.

