

# Scrambled Greens

**Servings:** 4

**Diet:** Vegetarian & Gluten-Free

## Ingredients

- 1 tablespoon oil
- ½ medium onion, chopped
- ½ bunch kale, chopped
- 1 cup mushrooms, sliced
- 8 eggs, lightly beaten
- ½ teaspoon salt
- ½ teaspoon black pepper

## Instructions

**STEP 1:** Heat oil in a in a large pan over medium heat. Add the onion and cook until starting to brown, about 5 minutes.

**STEP 2:** Add the chopped kale and mushrooms to the pan and allow to cook until the kale is tender and the moisture from the mushrooms cooks off, about 7 minutes.

**STEP 3:** Add the eggs, salt and black pepper, and lower the heat. Stir occasionally until the eggs are set, about 3 minutes.

**STEP 4:** Serve over toast or in a tortilla with salsa or pico de gallo.



- **Reduce Food Waste:** The stems of kale leaves are edible, too. Stretch your food dollars, cut down on waste, and save time by using the entire leaf.
- **Ingredient Swap:** Instead of kale, use fresh, canned, or frozen Swiss chard, rainbow chard, collard, mustard, turnip or radish greens.



Per Serving: 190 Calories | 4g Carbs | 2g Sugar | 1g Fiber | 13g Fat (3.5g Sat Fat) | 14g Protein | 440mg Sodium  
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