



Kale-and-Tomato Egg Scramble

10
minutes
or less

INGREDIENTS

3 Hy-Vee large eggs
2 tbsp Hy-Vee 2% reduced-fat milk
1 tsp Gustare Vita olive oil
1 cup baby kale, tightly packed
 $\frac{3}{4}$ cup cherry tomatoes, halved
Sartori shaved Parmesan cheese, for garnish
Hy-Vee salt, to taste
Hy-Vee ground black pepper, to taste

PREPARATION

- 1** Whisk together large eggs and milk in a small bowl; set aside.
- 2** Heat olive oil in a medium nonstick skillet over medium heat. Add kale and halved cherry tomatoes. Cook and stir for 3 to 4 minutes or until kale is wilted. Pour in egg mixture. Cook, stirring occasionally, to scramble. Continue cooking until eggs are set.
- 3** Transfer to serving plates. Garnish with cheese. Season to taste with salt and black pepper.

NUTRITION FACTS

Calories: 160
Total Fat: 10g
Saturated Fat: 3g
Trans Fat: 0g
Cholesterol: 280mg

Sodium: 115mg
Carbohydrates: 7g
Fiber: 1g
Sugar: 2g
Protein: 12g