



# HARVEST *of the* MONTH



APRIL • ONIONS

## *kale and onion* EGG BAKE

### INGREDIENTS

- 1 bunch Kale, or use any other greens such as spinach or chard
- ½ red onion
- 2 cloves garlic
- ½ tsp. olive oil
- 1 tsp. soy sauce or tamari
- 1 cup grated cheese (such as mozzarella, provolone, romano, or parmesan)
- ¼ cup 100% whole wheat bread crumbs
- 6 eggs
- salt & pepper

### DIRECTIONS

1. Preheat oven to 350F. Cut off kale stems and discard, then wash kale leaves and dry well. Pile kale leaves up on top of each other and cut into strips about ¾ inch wide, then turn cutting board the other way and cut again so you have squares just under an inch square. Chop onion into pieces about ½ inch.
2. Heat olive oil in large heavy frying pan, then add onions and saute 3 minutes. Add garlic and saute about 2 more minutes, then add kale, turning over as it wilts and sauteing about 5 minutes, or until kale is significantly wilted and softened.
3. Beat the 6 eggs separately in a small bowl. Then put the sauteed vegetables into large bowl and add soy sauce, cheese, bread crumbs, beaten eggs, and seasoning. Stir gently until ingredients are well distributed. Spray pan with olive oil or nonstick spray and pour in egg mixture. Bake 20-25 minutes until eggs are well set and the top is lightly browned. Serve hot. This is good with sour cream or salsa.

Recipe courtesy of: Spark Recipes

