

# 10 Days of Healthier

## SAUTEED KALE AND EGGS

Kale, - my favorite is Lacinato

Egg

Cooked Quinoa – optional (heated in microwave)

Extra Virgin olive oil or avocado oil

Salt and pepper

Chop kale into medium size pieces. In a small/medium size skillet over medium heat, add a nice coating of olive oil. Be more generous. Add your kale, it might make a loud noise at you. Just wait. Add some salt and pepper to the kale and sauté for a few minutes. Add your quinoa if you are using, stir again, just for a minute. Make some room in the center of the pan, if it looks very dry add a touch of oil. Crack your egg in the hole and let it set. Do not mess with it too much, cover it if you can (helps cook the egg on top) for a few minutes. Then with a thin spatula. Remove the egg to a plate with additional quinoa if you desire.

Serve and enjoy. Feel satisfied....