

## Scrambled Eggs with Peppers and Kale

5 ingredients · 15 minutes · 2 servings



### Directions

1. Heat the olive oil in a skillet over medium heat. Add the red bell pepper and kale leaves and saute until softened, about 5 to 7 minutes.
2. While the veggies are cooking, crack the eggs into a bowl and season with salt and pepper. Beat gently with a fork until well combined.
3. Push the veggies to one side of the pan, and pour the beaten eggs into the empty side. Use a spatula to scramble, slowly incorporating the veggies once the eggs are no longer very wet.
4. Divide between plates and enjoy!

### Notes

#### More Carbs

Serve with toast, roasted potatoes, or sweet potatoes.

#### Egg-Free

Use mashed tofu instead of eggs.

### Ingredients

1 1/2 tsps	Extra Virgin Olive Oil
1	Red Bell Pepper (sliced)
2 cups	Kale Leaves (chopped)
6	Egg
	Sea Salt & Black Pepper (to taste)

### Nutrition

<b>Calories</b>	297	<b>Cholesterol</b>	558mg
<b>Fat</b>	18g	<b>Sodium</b>	271mg
<b>Carbs</b>	11g	<b>Vitamin A</b>	9173IU
<b>Fiber</b>	3g	<b>Vitamin C</b>	85mg
<b>Sugar</b>	3g	<b>Calcium</b>	168mg
<b>Protein</b>	21g	<b>Iron</b>	4mg