



Cabbage & Kale Egg Nests with Grapefruit

1 serving
30 minutes

Ingredients

2 tsps Extra Virgin Olive Oil
2 cups Green Cabbage (thinly sliced)
2 cups Kale Leaves (stems removed, thinly sliced)
3 Egg (divided)
Sea Salt & Black Pepper (to taste)
1/2 Grapefruit

Nutrition

Amount per serving	
Calories	394
Carbs	24g
Fiber	8g
Sugar	16g
Protein	23g
Cholesterol	558mg
Sodium	267mg
Vitamin A	4192IU
Vitamin C	148mg
Calcium	277mg
Iron	4mg
Vitamin D	123IU

Directions

- 1 Heat the oil in a pan over medium heat. Once hot, add the cabbage and kale and cook for eight to 10 minutes, stirring frequently, until softened.
- 2 Set the cooked cabbage and kale aside in a large bowl and allow to cool for five minutes. Add 1/3 of the eggs to the bowl and mix into the cabbage and kale until fully coated. Season with salt and pepper to taste.
- 3 Add the cabbage mixture to the pan in four-inch (10 cm) diameter rounds, making one nest per each remaining egg. Hollow out the middle of each nest slightly. Crack the remaining eggs into the center of each kale and cabbage nest.
- 4 Cover with a lid and cook for eight to 10 minutes or until the whites are set and the yolk is cooked to your desired doneness. Serve the egg nests with grapefruit. Enjoy!

Notes

Leftovers: Best enjoyed immediately. Can be refrigerated in an airtight container for up to three days.

Serving Size: One serving is equal to two egg nests and half of a grapefruit.

More Flavor: Add garlic powder and smoked paprika to the cabbage and kale mixture.