

Sautéed Kale & Tomato Breakfast

1 Bunch Kale, washed, de-stemmed, and cut into bite size pieces	4 Eggs, over Medium (or however you like them)
1 C. Grape Tomatoes, halved	2 Tbsp Olive Oil
1 Clove Garlic, minced	¼ tsp. Paprika
2 oz. Feta Cheese	Salt and Pepper to taste

Heat a sautee pan over medium heat, and add 1 Tbsp Olive Oil. When the oil begins to shimmer, add in the tomatoes and cook for a minute or two, until caramelization occurs and heated through. Add garlic and heat for another minute. Add in kale, and toss frequently, making sure to wilt the greens, but don't burn them. Transfer the mixture onto two plates. Cook two eggs done to your liking – sprinkling them with paprika, salt, and pepper as they cook. Place the eggs on top of the vegetable mixture, and serve with fresh berries.