

Sauteed Kale & Eggplant with Egg

9 ingredients · 20 minutes · 1 serving



Directions

1. Heat the oil in a non-stick pan over medium-high heat. Add the shallot, eggplant, and zucchini. Stir the vegetables constantly and cook until they turn golden brown, approximately five minutes. Season with salt and pepper.
2. Add the kale leaves and lemon juice to the pan. Cook for an additional two minutes. Transfer the cooked vegetables to a plate.
3. In the same pan, cook the egg(s) until the whites are set and the yolks are cooked to your liking. Place the fried egg on top of the vegetables.
4. Top with sunflower seeds and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/2 cups of vegetables and one egg.

Additional Toppings

Fresh herbs like basil, parsley, cilantro, or chives.

Ingredients

- 1 1/2 **tsps** Extra Virgin Olive Oil
- 1/4 **cup** Shallot (chopped)
- 1/2 Eggplant (small, diced)
- 1/2 Zucchini (small, diced)
- Sea Salt & Black Pepper (to taste)
- 1 **cup** Kale Leaves (finely chopped)
- 1 1/2 **tsps** Lemon Juice
- 1 Egg
- 1 **tbsp** Sunflower Seeds (toasted)

