



recipe Name: Mediterranean Scramble

serving Size: approx. 2 people

from the kitchen of: Zestitup.com

ingredients:

- ~ 6 eggs
- ~ 1 pint cherry tomatoes, halved (or 1 whole large tomato, chopped)
- ~ 4 large kale leaves, chopped small
- ~ 4 oz of feta, crumbled
- ~ 3 cloves of garlic, minced
- ~ salt and pepper, to taste

directions:

Scramble the eggs in a bowl and set aside. In a large skillet over medium heat, saute the chopped kale, tomatoes, and garlic in some coconut oil (or butter). Once the kale is wilted, add in the eggs along with some salt and pepper. Scramble away. Serve with toast slathered with coconut oil and black olive jam. Yum!

Bon appetit!

Thanks for Zestin' up your meal!

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