



Eggs with greens and sauerkraut 'relish'

Greens are so jammed packed with nutrients that even some light cooking won't alter their superpowers. Sauerkraut contains 13 strains of beneficial bacteria (think probiotics), it has antimicrobial and antifungal properties. All of the benefits of cabbage are present but AMPLIFIED because of the fermentation process. A phytonutrient found in cabbage, called isothiocyanate may have anticancer benefits and may be helpful with ulcers. Sauerkraut helps with the digestion of all of the other foods in the meal. It also contains prebiotics to help feed the good bugs.

Ingredients:

- 2 eggs
- about 2/3 of a cup of chopped kale (any greens will do)
- 1 tablespoon of olive oil or butter
- about 1 tablespoon of cream or milk
- 2-3 pinches of sea salt or Himalayan salt
- a few grinds or fresh pepper

For the relish – this is the best part so don't skip this!

- 1/4 cup sauerkraut * See the note below on how to select your kraut
- 1 or 2 tablespoons of ketchup
- optional; a touch of sriracha if you like some heat

Directions:

Wash your kale and remove the tough center rib.

Chop the kale into bite size pieces.

In a non stick pan, add the oil or the butter and gently cook the kale on med low heat. Too hot and it'll turn brown.

While the kale is cooking, crack your eggs into a bowl and whisk in the cream or milk.

Add the egg mixture to the pan with the greens, season with salt and pepper and continue to cook on low heat.

Meanwhile, chop the sauerkraut, mix in the ketchup and the sriracha if you're using it.

* Not all sauerkraut is created equal. In order to get all of the benefits of real sauerkraut, you'll want to select unpasteurized or raw sauerkraut. It will always be in the refrigerated section of your health food store or grocery.