

Kick'n Kale & Eggs Wrap



PREP TIME:
5 MINUTES

COOK TIME:
5 MINUTES

TOTAL TIME:
10 MINUTES

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Recipe type: Gluten Free / Dairy Free

Yield: 1 Serving

Ingredients:

- 1 TBSP Olive Oil
- 2 TBSP Red Onion - Chopped
- 1 Cup Tuscan Kale – Center Stems Removed and Sliced Longways
- 6 Grape Tomatoes
- 2 Organic Large Eggs
- 1 TBSP Nutritional Yeast (optional but adds a lot of flavor)
- 1/2 Teaspoon Garlic Powder
- 1/4 Teaspoon Pink Salt
- Black Pepper to Taste
- 1/4 Avocado Sliced
- 1 TBSP Buffalo Sauce – Recommend Primal Kitchen Brand
- Gluten Free Wrap – Recommend Siete or BeFree Brand

Instructions:

1. Warm up large sauté pan to medium heat.
2. Add 1 TBSP olive oil & onion. Allow to cook-down & soften 5 minutes.
3. Add in kale and tomatoes. Season with salt, garlic powder, nutritional yeast, salt, & pepper.
4. Cook-down for 3 minutes.
5. While veggies cook add eggs, splash of water, pinch of salt to a small bowl & whisk.
6. Pour eggs over cooked veggies. Stir & cook about 2 minutes until cooked through.
7. Layout wrap on plate and line the bottom with sliced avocado. Pile on the eggs and drizzle the buffalo sauce on the eggs.
8. Roll up the wrap, slice in half and enjoy.
9. **Optional:** Top with fresh parsley.
10. **Note:** Pick your favorite veggies – can modify the veggies used in this dish.

***Try and use all organic ingredients if possible.**

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