

Visionary Kitchen - Huevos Rancheros

Ingredients:

- 1 onion, diced
- 1 garlic clove, minced
- 1 Tbsp extra virgin olive oil

- 1 lb kale, coarsely chopped
- ¼ cup light coconut milk

- 1 tsp turmeric
- 4 oz can diced green chilies
- 2 cups Salsa Fresca
- ½ tsp sea salt
- ½ tsp black pepper

- 6 Omega-3 eggs
- ½ cup organic cheese, grated

Directions:

1. Preheat oven to 350 degrees. Preheat a 12" oven-safe sauté pan to medium. Sauté onion and garlic in olive oil for 3-5 minutes or until the onion softens and takes on a little color.
2. Add kale, coconut milk, turmeric, green chilies, salsa, and pepper; stir to combine. Continue to sauté until mixture is heated through and kale has wilted. Remove from heat.
3. Using 2 forks, create 6 small wells in the cooked kale. Crack one egg into each well. Cover the sauté pan with a lid or aluminum foil.
4. Bake for 30 minutes. Uncover and continue to bake until the egg yolks are set and cooked to desired doneness.
5. Remove from oven and sprinkle with cheese. Partially cover for 1-2 minutes to allow cheese to melt. Serve immediately.