



# Egg, Broccoli, Kale and Brussels Sprouts Bowl

Makes 4 servings

## Ingredients

- 4 large eggs
- 5 tablespoon avocado oil, divided
- 8 ounces broccoli, trimmed and roughly chopped
- 8 cups kale, torn without stems or ribs (about ½ bunch)
- 8 ounces fresh Brussels sprouts, trimmed and thinly sliced, lengthwise
- 2 medium shallots, peeled and diced
- 2 cloves garlic, minced
- 1 15-ounce can light kidney beans, drained
- 2 tablespoons apple cider vinegar
- 1 tablespoon spicy brown mustard

## Directions

1. Preheat oven to 450 degrees.
2. Place eggs in a small pan and cover with water. Place on stove top on high, bring to a boil, 5 to 7 minutes. Allow to boil for 7 minutes. Remove from heat and drain water. Add ice cubes and cover with water. Allow to cool.
3. In the meantime, in a large bowl combine 2 tablespoons oil, broccoli, kale and Brussels sprouts. Toss to coat. Place on baking sheet. Place in oven and cook for 6 to 8 minutes until crisp-tender. Remove from oven to cool

(directions continued on back)



## Directions (continued)

4. While the greens cool, heat the remaining oil in a large skillet over medium-high heat. Add the shallot, cook for 1 to 2 minutes. Add the garlic, cook for 1 minute. Add the drained beans and heat through, 3 to 5 minutes. Remove from heat.
5. Add greens to skillet. Add vinegar, mustard, black pepper, sunflower seeds and pepper flakes and thoroughly combine all ingredients
6. Place about 2 1/2 cups of greens in each bowl and top with 2 egg halves

Tip: No broccolini? Substitute broccoli or broccoli rabe.\*

 = heart smart

 = low sodium

 = gluten free

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## Nutrition Facts

Serving Size 2 1/2 cups greens mixture with 2 egg halves (339g)  
Servings Per Container 4

Amount Per Serving

**Calories 470**    **Calories from Fat 270**

% Daily Value\*

**Total Fat 31g**    **48%**

Saturated Fat 4.5g    **23%**

Trans Fat 0g

**Cholesterol 215mg**    **72%**

**Sodium 250mg**    **10%**

**Total Carbohydrate 32g**    **11%**

Dietary Fiber 12g    **48%**

Sugars 4g

**Protein 19g**

Vitamin A 50%    •    Vitamin C 200%

Calcium 15%    •    Iron 25%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9    •    Carbohydrate 4    •    Protein 4

Recipe contains: Egg

Carb choices per serving: 2