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### **Poached Eggs Over Kale**

**Ingredients:**

Eggs 2 large

Pureed garlic 1 tsp

Kale 1 bunch, stems removed, cut into bite-sized pieces

White vinegar 1 tbsp

Olive oil 1/2 tbsp

**Directions:**

1. Add olive oil to a skillet along with garlic and heat.
2. Add kale and sauté for 2-3 minutes or until wilted. Transfer to a plate.
3. Boil a large pot of water. Reduce the heat and add 1 tablespoon of white vinegar. Slide the eggs into the water and allow them to cook for 3-4 minutes or until whites are no longer translucent.
4. Using a slotted spoon, remove the eggs from the water and set on top of the steamed kale.
5. Add salt and pepper to taste. Serve immediately.