

# Power Greens Breakfast Skillet

## Ingredients

- 3-4 eggs
- 1 medium yellow onion, sliced into thin rings
- 4 cups assorted greens like kale, spinach, baby swiss chard (chopped if not baby greens)
- 3 tablespoons freshly grated Parmesan cheese
- 1 tablespoon butter or olive oil
- Salt & cracked black pepper
- Bacon & sourdough toast (optional but recommended)

## Instructions

1. In a medium size cast iron skillet, melt butter over medium-low heat.
2. Add onion, stir to coat, and cover pan with a lid.
3. Allow at least 30 minutes for the onions to caramelize. Stir occasionally and, while doing so, make sure the condensation that collects on the lid returns to the pan.
4. Onions will brown premature and not actually caramelize if they dry out or the heat is too high.
5. When onions are done, set the oven broiler to Low.
6. Add greens to the skillet, and continue to cook on the stove until wilted.
7. Form 3 wells for the eggs. Crack one egg into each well, and cook for 3 minutes until whites start to set.
8. Sprinkle with cheese before transferring to oven and broil eggs until they are cooked to your liking. Serve with bacon and sourdough toast.

**Note:** Caramelize extra onions to make another skillet later in the week. Use 1 tablespoon of butter or olive oil per onion. Leftovers should keep in the refrigerator for up to 5-7 days.

**Total time:** 10 minutes  
**Servings:** 4



## Nutrition Facts

Calories	165
Total Fat	8.7g
Saturated Fat	3.3g
Cholesterol	132mg
Sodium	173mg
Total Carbohydrate	14.8g
Dietary Fiber	1.9g
Total Sugars	1.8g
Protein	7.6g