



Egg, Kale, Grape Tomato, with Hummus Breakfast Wrap

Ingredients:

5 large Kale Leaves, washed and dried
2 Tablespoons Extra- Virgin Olive Oil/Canola Oil
1 pint grape tomatoes, washed and halved
1 large shallot, chopped
2 garlic cloves, chopped
¼ cup fresh basil, chopped
1/8 teaspoon dried thyme
1/8 teaspoon crushed red pepper flakes (optional)
½ teaspoon kosher salt
¼ teaspoon freshly ground pepper
4 large eggs, at room temperature
4- 10 inch whole wheat tortillas
¼ cup store bought plain hummus

Directions:

Wash Kale Leaves. Cut away leaf from stem and discard stem. Chop leaves into 1 inch pieces.

Wash and cut grape tomatoes in half. Chop shallot and garlic.

In a large skillet heat the oil over medium heat.

Add the tomatoes, shallot, garlic, thyme and red pepper flakes, if using. Sauté until the tomatoes soften about 4 minutes. Add the kale and sprinkle with salt and pepper. Toss with until the kale wilts but is still bright green. Stir in basil. Remove from the heat.

Fill a wide saucepan with enough water to measure 2 inches deep. Bring the water to a rolling boil over high heat. Break each egg in to a small bowl. Turn off the heat under the saucepan. Immediately slide each egg from a bowl into the water in different spaces. Let the eggs stand until the whites set and the yolks are soft, about 3 to 4 minutes.

Meanwhile, place a skillet on a burner over med-high heat. Toast tortillas on each side until browned. Put warmed tortilla on a plate. Spread 1 tablespoon of hummus on each tortilla. Divide the kale mixture on each tortilla.

Using a slotted spoon, remove egg from saucepan and place spoon with egg on a paper towel. Then place egg* on top of kale. Fold up tortilla from the bottom and then fold in the sides, leaving the wraps open at the tops.

(*You can slit the yolk and press on the egg a to make it run if you like)

Yields about 8 servings

Adapted from: www.epicurious.com

Nutrition Facts

Serving Size 4 (292g)

Per Serving	% Daily Value*
Calories 296	
Total Fat 15.3g	24%
Saturated Fat 4.3g	22%
Trans Fat 0g	
Cholesterol 186mg	62%
Sodium 665mg	28%
Potassium 690mg	20%
Total Carb 28.7g	10%
Dietary Fiber 4.6g	18%
Sugars 3.7g	
Protein 13.1g	

Vitamin A 234% · Vitamin C 159%

Calcium 14% · Iron 15%

*Based on a 2,000 calorie diet

Recipe analyzed by [verywell](http://www.verywell.com)

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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