



Recipes

Breakfast

Turkey Bacon and Kale

Prep Time: 5 minutes

Cooking Time: 5 minutes

Yield: 2 servings

Ingredients:

- 1 bunch of kale
- 4 strips of turkey bacon

Directions:

1. Slice turkey bacon into bite size pieces (kitchen scissors work best).
2. Place in pan and cook for a few minutes.
3. Chop kale, keeping the stems separate.
4. First add chopped stems to pan and cook for 1-2 minutes. Then add the rest of the kale, mix well with turkey bacon.
5. Add 1-2 tablespoons of water, cover and allow to cook for 3-4 minutes.
6. Remove cover, allow water to evaporate and serve.

Variations:

Serve 1/2 of a raw grated carrot on top or sprinkle with sesame seeds.