

## Low-Point Poached Egg with Sautéed Kale

### Ingredients:

- 1 1/2 Tbs olive oil, divided
- 2 slices of bacon
- 1 Tbs minced onion
- 3 Tbs onion, chopped
- 4 cups fresh kale, chopped
- 2 eggs
- 1 Tbs white vinegar
- salt and pepper to taste

In a large skillet, fry the bacon over medium high heat until crisp. Remove to plate. Add one tablespoon of olive oil to skillet and sauté onions and garlic for several minutes, until onions are tender. Place the chopped kale in the skillet and drizzle on the remaining half tablespoon of olive oil. Stir kale until it is heated through and starting to get soft/tender. Break up the bacon and add to skillet. Turn heat to low. Meanwhile, in a small saucepan heat a few inches of water and one tablespoon vinegar over medium heat. Crack an egg in a small bowl first, because it pours easier into the saucepan. Before the water starts to boil (you will see bubbles forming but it shouldn't be boiling), pour the egg slowly into the water. If the water starts boiling, turn down the heat. If the egg starts to stick to the bottom, use a spatula to gently slide underneath the egg after about 30 seconds of cooking. Continue cooking for about 3 minutes. Remove with a slotted spoon and place on top of a bed of the kale and bacon mixture. Salt and pepper to taste. Enjoy!

Total servings - 2

Serving size - 1

Points per serving - 6

***"Never apologize for showing feeling. When you do so, you apologize for truth." - Benjamin Disraeli***