

# THERE'S A *Chef* IN MY KITCHEN™

THE GLUTEN-FREE COOKING COLLECTION

## Recipe

### POACHED EGG WITH VEGGIE HASH

Eggs are considered the perfect food. Pare them with sautéed vegetables and I think we have the perfect dish.

#### INGREDIENTS

Serves 2

- 2 eggs
- 3-4 kale stems (washed, dried and torn in random pieces, stems removed)
- 1 potato (¼ inch dice)
- ½ onion (¼ inch dice)
- 5-6 grape tomatoes (sliced in half)
- 1 Italian frying (cubanelle) pepper (diced)
- ¼ cup olive oil
- 1 tsp fresh ginger root (skin removed, finely chopped)
- 1 fresh garlic clove (finely chopped)
- Pinch red pepper flakes (optional)
- Salt and pepper (enough to season to taste)
- Splash (about 2 tbs) distilled white vinegar

#### INSTRUCTIONS

- Place a medium sauté pan over medium heat, add oil and heat
- Add the potato, peppers and onion, season, stir and cook until they begin to soften (about 5 minutes)
- Add garlic and ginger and cook just until they begin to color (less than a minute)
- Add the kale, tomatoes, ginger, and garlic. Season, stir and cook until the kale wilts (about a minute or two). Remove from the heat

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#### INGREDIENTS cont.

- Prepare the water for poaching by adding a splash of distilled vinegar (about 2 tbs) and bring to a boil (Vinegar helps the white firm up faster)
- Break egg into a bowl to get it ready to drop into the water
- When the water comes to a boil, set the timer for 3 minutes and stir the water to make a whirlpool in the center
- Drop the egg into the center and continue stirring for a few moments to help the white stay together instead of dispersing throughout the water
- Remove the egg with a slotted spoon. Drain on a paper towel
- Repeat with the second egg. Place both on top of the hash

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#### NUTRITION FACTS

<b>Nutrition Facts</b>	
Poached Egg with Veggie Hash	
Serving size: 1 portion	
Amount Per Serving	
<b>Calories</b>	294.1
<b>Total Fat</b>	13.8 g
Saturated Fat	2.4 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	6.6 g
<b>Cholesterol</b>	170.0 mg
<b>Sodium</b>	106.3 mg
<b>Potassium</b>	504.1 mg
<b>Total Carbohydrate</b>	32.5 g
Dietary Fiber	4.9 g
Sugars	4.5 g
<b>Protein</b>	10.7 g