



## Saucy Tomato Poached Eggs with Kale and Wheat Berries From 'Whole-Grain Mornings

 Vegetarian

READY IN



60 min.

SERVINGS



4

CALORIES



389 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- ☐ 2 anaheim chili diced stemmed seeded
- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 3 tablespoons capers drained
- ☐ 6 large eggs
- ☐ 0.3 cup feta cheese crumbled
- ☐ 3 cloves garlic minced
- ☐ 0.5 teaspoon ground cumin

- ☐ 0.5 bunch kale stemmed coarsely chopped ( )
- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon lemon zest grated
- ☐ 3 tablespoons olive oil extra virgin extra-virgin plus more for serving
- ☐ 0.5 cup onion diced yellow ( )
- ☐ 4 servings pepper red
- ☐ 4 servings salt
- ☐ 1 teaspoon paprika sweet
- ☐ 1 tablespoon tomato paste
- ☐ 0.8 cup g wheat berries cooked (see note)

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ plastic wrap
- ☐ wooden spoon

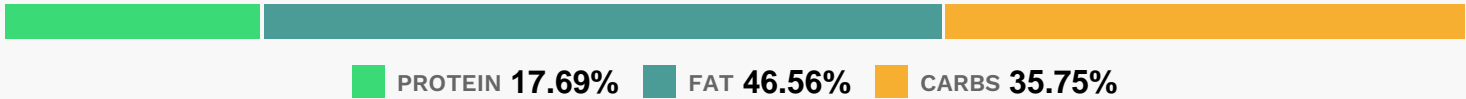
## Directions

- ☐ In a 12-inch skillet over medium heat, warm the oil until it shimmers.
- ☐ Add the onion and sauté until just soft, 3 to 4 minutes.
- ☐ Add the chiles and sauté for another 3 to 4 minutes. Then add the garlic and continue sautéing for 1 minute.
- ☐ Add the crushed tomatoes, tomato paste, cooked wheat berries, capers, cumin, paprika, lemon zest, and kosher salt and stir well to combine. Simmer, uncovered, over low heat until the sauce starts to thicken, about 15 minutes. Taste and season with more salt as desired.
- ☐ Fold in the kale and simmer until it begins to soften into the sauce, 1 to 2 minutes. Use a wooden spoon to make 6 little wells in the sauce for the eggs to nestle into. The skillet will be relatively full at this point, so just do your best. Crack the eggs into the wells and cover the skillet. Cook over low heat until the whites are firm but the yolks remain a touch runny, 6 to 8

minutes. Top with the crumbled feta.

- ☐
- Scoop into bowls, sprinkle with flaky salt and red pepper flakes, and drizzle with a dash of olive oil. While I find this best the day it's made, you can allow leftovers to cool completely, then cover with plastic wrap, and refrigerate for up to 2 days.
- ☐
- Note: To cook the wheat berries, bring 1 cup (170 g) wheat berries and 2 1/2 cups of water to a boil, then decrease the heat to a simmer and cover the pot. Don't peek or stir—it will disrupt the steaming of the grains. Simmer until tender, 50 to 60 minutes. Cooking time can vary widely depending on the type of wheat berries, so check the package.

Nutrition Facts



Properties

Glycemic Index:54.75, Glycemic Load:5.09, Inflammation Score:-10, Nutrition Score:29.387390966001%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.84mg, Isorhamnetin: 4.84mg, Isorhamnetin: 4.84mg, Isorhamnetin: 4.84mg Kaempferol: 15.62mg, Kaempferol: 15.62mg, Kaempferol: 15.62mg, Kaempferol: 15.62mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 18.12mg, Quercetin: 18.12mg, Quercetin: 18.12mg, Quercetin: 18.12mg

Nutrients (% of daily need)

Calories: 388.87kcal (19.44%), Fat: 21.17g (32.56%), Saturated Fat: 5.24g (32.78%), Carbohydrates: 36.57g (12.19%), Net Carbohydrates: 26.91g (9.78%), Sugar: 11.72g (13.02%), Cholesterol: 287.34mg (95.78%), Sodium: 1585.12mg (68.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.09g (36.19%), Vitamin K: 85.19µg (81.13%), Vitamin A: 3407.68IU (68.15%), Vitamin C: 42.08mg (51.01%), Vitamin E: 6.06mg (40.37%), Fiber: 9.66g (38.64%), Selenium: 26.94µg (38.48%), Vitamin B2: 0.63mg (37.1%), Iron: 5.81mg (32.27%), Manganese: 0.63mg (31.32%), Vitamin B6: 0.61mg (30.35%), Phosphorus: 274.69mg (27.47%), Copper: 0.51mg (25.4%), Potassium: 886.03mg (25.32%), Calcium: 230.48mg (23.05%), Folate: 80.88µg (20.22%), Vitamin B5: 1.89mg (18.87%), Magnesium: 67.09mg (16.77%), Vitamin B3: 3.27mg (16.33%), Vitamin B1: 0.24mg (15.86%), Zinc: 2.07mg (13.78%), Vitamin B12: 0.83µg (13.77%), Vitamin D: 1.54µg (10.25%)