

KALE & MUSHROOM OMELET

INGREDIENTS:

- 3-4 leaves of Tuscan kale; or 2-3 leaves of curly kale**
- ¼ cup of pure revitalized or spring water**
- 1½ Tbsp of unsalted butter or ghee**
- 1 large Portobello/Swiss mushroom**
- 1 tsp of *Celtic* seasalt**
- 3-4 eggs**
- ½ tsp of red chili**
- 3 shakes of *Maine Coast* Sea Seasonings Kelp or Dulce with Garlic**
- 3 shakes of *Maine Coast* Sea Seasonings Triple Blend**
- 4-6 *San-J* or *Spiral* Black Sesame Crackers (2-3 each)**

DIRECTIONS

Wash the kale well, trim off the stems, and chop small pieces into into a fry pan with the water and 1 Tbsp of butter or ghee.

Wash the mushroom well and cleanse the top with a natural bristle brush.

Trim the lose edge and stem and slice smaller pieces of the mushroom into the pan.

Add the seasalt, cover, and steam for 3-5 minutes on medium heat, until the kale is tender. Add more water if needed to avoid sticking.

Add ½ Tbsp of butter and then the eggs into the pan and whisk to avoid sticking. Sprinkle the remaining ingredients into the omelet while mixing everything together. Do not over cook.

ENJOY with black sesame crackers.

Serves 2

Use **organic** ingredients

Suitable for A & O blood types

For B & AB blood types, eliminate the sesame crackers

The **egg** contains all the essential amino acids making it an almost perfect food.

The protein in a cooked egg is 91% bioavailable, making it nearly twice as absorbable as a raw egg.

The **egg yolk** contains 43% of the protein along with vitamins A, B, D, E, and K. It is a rich source of vitamin A, retinol, and carotenoids, such as zeaxanthin and lutein, which are concentrated in the eye's retina and macula. A darker yolk indicates higher amounts of these valuable carotenoids. Vitamin A, converted to retinal form, is essential for vision. Vitamin A, converted to the retinoic acid form, it is essential for skin health, teeth remineralization, and bone growth. The egg yolk is also a rich source of choline, the precursor molecule for the neurotransmitter acetylcholine, which is involved in many functions including memory and muscle control. This essential nutrient is especially important for pregnant and nursing

women to ensure healthy fetal brain development. Choline also helps prevent a fatty liver. The egg is a good source of various minerals, CoQ10, fatty acids, and cholesterol. After 25 years of study, it is well known that cholesterol in food is not the culprit in cardiovascular disease or strokes. Overcooking the egg yolk destroys the lecithin, which helps take care of the cholesterol. Thus, poached, soft boiled, or lightly cooked yolks are better. Allergic reactions to egg whites are more common than a reaction to egg yolks, in children. Eggs should be refrigerated to avoid salmonella bacteria growth, which causes food poisoning. Chicken eggs are the most common. Duck, goose and quail eggs are occasionally used in gourmet dishes. Gull eggs are a delicacy in England and Scandinavia. White eggs are laid by chickens with white ear lobes and brown eggs are laid by Chickens with red ear lobes. Organic pasture-raised-free-range, organic hens are healthier and produce eggs that have higher amounts of vitamins, minerals, and omega 3 fatty acids than factory farm eggs. If an egg stands on its tip when placed in a pot or bowl of water, it is not fresh. If it lays on its side, it is fresher.

Kale, also known as borecole and cow cabbage, comes in different varieties: cavolo nero (Tuscan kale), curly kale (Scots kale), and red Russian kale. Lacinato or Tuscan kale has a long tradition in Italian cuisine and dates back to the 18th century. It is superior to other varieties, tastes better, and is commonly used in soups, pastas, and salads.

Kale is a powerhouse of vitamins, minerals, and phytonutrients. Its flavonoids and glucosinolates, (glucobrassicin, glucoraphanin, and sinigrin), are converted into isothiocyanates in the digestive track, which help prevent DNA damage, various types of cancer, cardiovascular disease, macular degeneration, asthma, rheumatoid arthritis, and loss of skin elasticity. Kale is low in oxalates and promotes urinary tract health. Its high amounts of vitamins K, C, A, beta-carotene, along with minerals, kaempferol, and quercetin, also provide strong anti-inflammatory and anti-oxidant benefits. In fact, kale has one of the highest ORAC (oxygen radical absorbance capacity) rating (1,770) among vegetables.

The **Portobello/Swiss mushroom** is a fully mature version of the crimini fungi. It is rich in selenium, antioxidant phytonutrients, and anti-inflammatory properties, which provide cardiovascular and immune support. The Portobello mushroom also contains iron, magnesium, manganese, zinc, copper, fiber, and a variety of B vitamins. These mushrooms complement beef, poultry, various vegetables, rice dishes, or an omelet.

Main Coast Sea Vegetables: <https://www.seaveg.com/shop/> 1 207 565-2907

San-J International Inc.: <http://www.san-j.com/> 1 800 446-5500

Selina Naturally/Celtic seasalt USA: <http://www.selinanaturally.com/> 1 888 644-7754

Spiral Foods: <http://www.spiralfoods.com.au/> 613 8616-7800, 612 8231-4400