

## KALE & MUSHROOM OMELET

### INGREDIENTS:

- 3-4 leaves of Tuscan kale; or 3 leaves of curly kale; or 4 chunks of frozen kale**
- 1 large or 2 medium Portobello/Swiss mushrooms**
- 1½ Tbsp of unsalted butter or ghee**
- ¼ cup of pure, revitalized or spring water**
- 1 clove of garlic chopped; or 4 shakes of garlic powder**
- 1 tsp of *Celtic* seasalt**
- ½ tsp of red chili**
- 3-4 eggs**
- 3 shakes of *Maine Coast* Sea Seasonings Kelp or Dulce with Garlic**
- 3 shakes of *Maine Coast* Sea Seasonings Triple Blend**
- 4-6 black sesame or brown rice crackers (2-3 each)**

### DIRECTIONS

**Wash the kale well, trim off the stems, and chop small (½") strips 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 edges and stem, and slice smaller pieces of the mushroom(s) into the fry pan.**

**Add the butter, water, garlic, seasalt, and chili.**

**Cover and steam for 3-5 minutes on medium heat, until the kale is tender.**

**Add more water if needed to avoid sticking.**

**Move the ingredients to the side, add ½ Tbsp of butter and then the eggs onto the centre of the pan. As the eggs are cooking, mix them into the other ingredients to avoid sticking.**

**Sprinkle the kelp, dulce, and Triple Blend seaweed on the ingredients and mix.**

**Do not over cook.**

**ENJOY with black sesame crackers.**

Serves 2

Use **organic** ingredients

Suitable for ALL blood types

For B & AB blood types, use rice crackers instead of sesame crackers (list below)

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, which has grown wild since prehistoric times. In ancient Rome, they were referred to as *cibus diorum*- food for the Gods. Cultivation first began in China, Japan, and India. Western Cultivation began in Europe, in the 17th century.

This mushroom 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. Mushrooms complement beef, poultry, various vegetables, rice dishes, or an omelet. In the three stages of cultivation, organic standards are much higher than nonorganic commercial standards. Thus, for quality and freshness, select organic mushrooms that are firm, plump, clean, light brown, and closed. Store them in the fridge, spread out in a loosely closed paper bag or covered glass dish. AVOID clumping them together, which causes them to get slimy and lose their freshness. To preserve their texture, gently clean them with a soft natural bristle brush under running water. Consume within 3-7 days.

**EatRite:** <http://www.eatrite.com.au> 613 9315-1000

**Edward & Sons:** <http://www.edwardandsons.com/> 1 805 684-8500

**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

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