



Elliott Evans Nutrition, LLC
Prevent and Protect
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SUNNY SIDE UP

(Cooking Light Magazine)

- 2 tablespoons Parmesan cheese shavings, plus more for serving
- 4 slices bread
- 4 tablespoons olive oil, divided
- 4-6 chopped anchovies
- 1 bunch Swiss chard or kale, ends trimmed – cut into 2-inch pieces.
- Coarse sea salt
- Freshly ground black pepper
- 4 large eggs
- 2 tablespoons chopped capers
- 1 quartered lemon

1. Sprinkle 2 tablespoons cheese over bread and heat in toaster oven until cheese melts, about 3 minutes. Divide among 4 plates.
2. Meanwhile, heat 2 tablespoons olive oil in a large, heavy-bottomed skillet over medium-high heat. Add anchovies, mashing with the back of a spoon to form a paste. Add chard, season with a healthy pinch of salt and pepper, and cook, tossing with tongs, until stem ends are tender and leaves are bright green and soft, about 10 minutes. Add ½ cup water if greens are sticking to pan. Remove greens from pan and divide among plates beside toast.
3. Add 1 tablespoon olive oil to skillet, set over medium-high heat, and crack eggs directly into pan. Cover and cook until yolk is set to desired consistency, 2-5 minutes.
4. Serve eggs over toast and greens, and top with capers and remaining cheese. Add squeeze of lemon juice, remaining olive oil, and salt and pepper to taste.

Makes 4 Servings.