

Red Russian Kale and Red Onion Savory Breakfast Squares

Yield: 6 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/russian-squares-recipe>

Ingredients:

- 1 bunch red russian kale chopped, or use any other variety of kale
- 1/2 purple onion chopped
- 2 cloves garlic minced, 1/2 tsp. teaspoon minced garlic
- 1/2 teaspoon olive oil
- 1 teaspoon tamari
- 1 cup grating cheese I used a blend of low-fat cheese called Pizza Cheese which has mozzarella, provolone, romano, and parmesan
- 1/4 cup whole wheat bread crumbs 100%, optional; I've made this successfully without the bread crumbs
- 6 eggs beaten well
- 1/2 teaspoon Spike Seasoning