

SWEET POTATO SCRAMBLE CHAPATI WRAP

Vata-pacifying, Pitta-pacifying; Good for Energy, Strength, Digestion, Skin Health, Eye Health, Heart Health, Pregnancy, Postpartum

Serves 2 / Prep Time: 10 minutes / Cook time: 15 to 20 minutes

This lovely breakfast scramble is wonderful for switching up your breakfast routine and offering you a bit of heartiness without heaviness. Made with grounding sweet potato, nutritious kale, and a nice blend of eggs and egg whites, this recipe will provide you with a long list of energizing vitamins, minerals, antioxidants, fiber, and protein. Although the chapati is a great touch, you can easily replace it with a whole grain tortilla if this is not available. For those that are grain-free, this scramble can be equally as delicious when eaten as a regular scramble, no wrap needed. For this option, simply increase the amount of sweet potato and kale and enjoy!

1 small sweet potato, chopped
6 large kale leafs, stemmed and chopped
3 teaspoons ghee, divided
1/2 teaspoon cumin seed
1/4 teaspoon brown mustard
1/8 teaspoon freshly ground black pepper
3 whole eggs*
3 egg whites*
Large pinch salt

*Eggs can be replaced with tofu as preferred.

1. Chop the sweet potato into small, even sized cubes about 1/4 inch thick. Remove the stems from the kale and chop the leaves into thin slices.
2. Heat 2 teaspoons of ghee on a large sauté pan over medium heat. Once hot, add in the cumin seed, brown mustard seed, and black pepper. Sauté the spices for 2 minutes stirring frequently.
3. Add in the sweet potato and stir well, making sure to coat them evenly with oil and spices. Sauté here for 2 minutes stirring frequently.
4. Add in the kale along with 1/4 cup of water. Stir well making sure the leaves get coated with the water and oil mix for proper cooking. Continue to cook for 5 to 7 minutes, stirring every 1 to 2 minutes.
5. While this is cooking whisk the eggs and egg whites together in a small bowl.
6. Once you have reached a desirable softness for the veggies, cover the pan and set it aside away from the hot burner.
7. Heat 1 teaspoon of ghee in a medium frying pan over medium heat. Once the pan is hot, pour in the whisked eggs and stir well. Cook here for 2 to 3 minutes, stirring every minute.

8. Once the eggs have been cooked, add them to the sweet potato and kale blend. Add a large pinch of salt and stir everything together evenly.
9. Warm a cooked chapati over a hot burner by allowing it to briefly sit directly over it for several seconds per side. If a chapati is not available, a large whole wheat or brown rice tortilla can be used.
10. Place the warm chapati on a plate and pour the scramble into the center. Roll up the sides to form a wrap or a burrito if the tortilla is being used.
11. Sit, breath, and eat in good company.