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## [Power Toast with Kale Pesto and Poached Egg](#)



[100% Whole Wheat](#)

You won't need brunch reservations with this poached egg recipe on hand. Blend, poach, toast and enjoy!

**Total Time:**

15

MIN

**Number of Ingredients:**

10

**Servings:**

4

**Level:**

Medium

**Ingredients:**

## Kale Pesto

1/3 cup chopped walnuts

1/3 cup Parmesan cheese

1/4 cup extra virgin olive oil

2 cups chopped kale

1 to 2 cloves garlic, chopped

2 teaspoons fresh lemon juice

Salt and pepper to taste

1 egg

1 slice Nature's Own Whole Wheat Bread

### **Instructions:**

In food processor, place all Kale Pesto ingredients.

Process 30 seconds, scraping bowl once or twice, until mixture forms a paste.

In 2-quart saucepan, heat 4 cups water to boiling. (Add 1 teaspoon salt and 2 teaspoons vinegar to water, if desired.)

Crack egg into small custard cup.

Stir boiling water in circular motion and gently ease egg into water.

Reduce heat; simmer 3 to 5 minutes, to desired doneness.

Meanwhile, toast bread. Spread 1 to 2 tablespoons Kale Pesto onto toast.

Remove egg from water with slotted spoon, draining excess water.

Place on pesto. Serve immediately.

**Cooks Notes:**

*Tip: Cover and refrigerate remaining pesto. Toss into hot, cooked pasta or vegetables, or spread on Italian-style sandwiches. Any Nature's Own bread variety would be good with this recipe*

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**Source URL:** <https://naturesownbread.com/recipe/power-toast-kale-pesto-and-poached-egg>