Simple Spring Raab Breakfast – 3 Ways

Laura Bennett, Eloisa Organic Farm / The Vegucation Station

All overwintering Brassicas, such as kale, collards, and mustards, all send up tender flowering stalks in the spring that are a lot like broccoli. You can use any raab just like broccoli, but there's just a short window each spring when raab is tender perfection, a hyper seasonal treat that comes on abundantly and is gone before we know it. This is a super simple breakfast sauté that you can enjoy two ways depending on the day.

Ingredients:

- 1 bunch raab, roughly chopped
- ½ bunch green garlic (or 4-6 garlic cloves), roughly minced (more garlic makes veggie sautés feel more filling!)
- 2-4 eggs
- Optional Veg: if you need something hardier for breakfast or are feeding more people, cube up and sauté some root veggies or potatoes in the pan first and then add your raab in.
- Optional Toppings: Chili Oil, Chevre (or any cheese), Microgreens or fresh herbs

Option 1: Soft Scrambled Eggs

- Chop up your raab, adding in the stems first and sauté a few minutes, then add the floret ends and garlic. Sauté on medium-high until soft when poked with a fork, wait to salt until end to keep things on the crispy side rather than mush. Serve with slow-scrambled eggs (cook the scrambled eggs in a separate pan on slow and low pushing them around the pan gently), some microgreens, chili oil, and chevre or your cheese of choice.

Option 2: Fried Eggs

- Sauté your raab and garlic up the same as above and serve with fried eggs. This is the quickest breakfast and is my personal go-to in the spring. I drown everything in chili oil or salsa matcha :)

Option 3: Scrambled Medley

- Sauté your raab and garlic the same as above, salt and toss, then pour in beaten eggs to scramble everything together. I usually turn the pan off after I pour the eggs in, the residual heat is plenty to cook the eggs and keep them nice and soft. I like to melt cheddar cheese over breakfast scrambles like these and often make them more filling by adding potatoes or other roots into the pan first.