1. Coat a large sauté pan lightly with olive oil and add the olive oil, bacon, and onions and simmer for about 15 minutes over medium heat, until the bacon has rendered most of its fat and is crispy.

2. Add the shallot, garlic, and red pepper, and cook for another 5 minutes.

3. Add the Swiss chard and the kale and toss to coat with the vegetable mixture; cook until they are wilted. Add the tomatoes and Aleppo pepper and cook until most of the moisture has cooked off. Season with salt.

4. For the poached eggs: In a medium saucepan, bring 2 quarts of water to a boil. Turn the heat down to just below a simmer and add a small amount of white vinegar and salt.

5. Crack an egg in a small bowl to check that the yolk isn’t broken. Slowly stir the water in one direction to create a whirlpool effect. Once the whirlpool has slowed down a little, carefully slide the egg into the water against the side of the pan. Follow the current of the water as you pour the egg in, so that the white envelopes the yolk. Crack another egg into the small bowl and add to the water in the same manner. Poach the eggs for 2 to 2½ minutes, until the whites are set and the yolks are runny. Carefully remove with a slotted spoon to a plate to drain. Cupping the eggs in your hand, tip the plate to pour off the excess water.

6. Serve a portion of the cooked chard mixture in a warm bowl, and top with a poached egg. Garnish with paprika and serve.
There is an overwhelming amount of scientific evidence showing that plant-based diets are the healthiest way to eat to reduce risk of chronic diseases such as atherosclerosis, cancer, and type 2 diabetes.\(^5\) While there’s no strict definition for what constitutes “a plant-based diet,” minimally processed fruits and vegetables, legumes, nuts, seeds and whole grains serve as the basic foundation. However, eating a plant-based diet does not mean eating only plants. In fact, pairing plants with high-quality protein, such as eggs, fish, chicken, lean meat and low-fat dairy, can help meet daily protein needs to promote healthy muscles and strong bones, which becomes especially important in our older years.\(^6\) Protein is also more satiating than carbohydrate or fat, aiding in weight control, which is important at any age.\(^1\)

**BACON SAUTÉED GREENS WITH POACHED EGG**

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