



Veggie Scramble

Serve over some brown rice or in a warmed whole wheat tortilla or pita bread for a complete meal.

Ingredients

- 2 teaspoons olive oil
- 2 eggs
- 1/3 cup fresh or frozen veggies, *chopped (such as spinach, kale, chard, carrots, peppers, peas, onion, summer squash, mushrooms)*
- Salt and pepper, to taste

Directions

1. Sauté veggies in a medium skillet with a teaspoon of olive oil. Place in a medium-size bowl.
2. Add 1 teaspoon olive oil to skillet, add eggs and stir over medium heat.
3. When eggs are partially cooked, add sautéed veggies. Cook until eggs are just set. Add a pinch of salt, pepper, and desired toppings.



Nutrition Information per serving:

Calories 225 Carbohydrates 1g Fiber <1g Protein 13g Total Fat 18.5g Sat. Fat 3g Sodium 150mg

Source: Leah's Pantry

Funded by USDA SNAP, an equal opportunity provider and employer.



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