

Vegetable Egg Scramble

Servings: 6

Prep Time: 25 minutes

Cook Time: 15 minutes

Ingredients:

12 large eggs

1/2 cup whole milk

1 small zucchini (sliced lengthwise and then in 1/2 pieces)

1 small yellow squash (sliced lengthwise and then in 1/2 pieces)

1/2 small yellow onion sliced thin

1 medium red pepper (core removed and sliced into 1/4-inch slices)

1 cup baby spinach

1/4 cup feta cheese crumbles

1 medium sliced avocado

4 tablespoons fresh chopped basil if available

1 tablespoon Extra Virgin Olive Oil

1 teaspoon of salt

1/2 teaspoon of pepper

1. In a large bowl, whisk eggs and milk until smooth. Set aside.

2. In a large cast iron or nonstick skillet over medium-high heat, sauté squash, zucchini, pepper, and onion in olive oil until veggies are just tender, about 5 minutes. Reduce heat to high and immediately add egg mixture to pan. Then immediately turn down pan to low. Season generously with salt and pepper. As eggs begin to set, gently fold eggs with a spatula until eggs are cooked, about 5 minutes.

3. Remove eggs from heat and fold in cherry tomatoes, spinach. Adjust seasoning with salt and pepper to taste and top with crumbled feta, avocado, and fresh basil. Enjoy eggs hot!

Hint: If making this recipe for one consider sautéing vegetables on day one, then storing unused portion in glass container. Make fresh eggs daily by reheating vegetables in pan and adding fresh whisked eggs, avocado and feta.