

Veggie & Egg Scramble



Course: Breakfast

Categories: Egg

Source: Jill Roberts, RDN

Serving size: 5 servings of 2 eggs, 3/4 cup veggies, 2 corn tor

Preparation time: 15 mins

Cooking time: 10 mins

Ingredients

10 eggs
15 corn tortillas
6 oz spinach
16 oz. cremini mushrooms
5 medium zucchini
6 medium green onions
5 tbsp paprika
5 tsp garlic powder
5 tsp cumin
5 tsp avocado oil
Optional: Salsa

Directions

Prep:

1. Small dice 16 oz. mushrooms, 5 medium zucchini & 5 green onions.
2. Combine in large plastic container, mix together & refrigerate.

Prepare:

1. In sauce pan over medium-high heat, add 1 tsp avocado oil, 1.5-2 cups veggie mix. Season with 1 tsp paprika, 1 tsp cumin, 1 tsp garlic powder, s&p. Cook until veggies are soft, 8 minutes. (This makes 2 servings)
2. Break 4 eggs into small bowl, whisk, season with s&p and add to saute pan. Reduce heat to med-low.
3. Add 1 cup spinach.
4. Stir until spinach is wilted and eggs are cooked.
5. Serve with 1-2 corn tortillas per person.