



Scrambled Eggs with Veggies

1 serving

15 minutes

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1/2 cup Mushrooms (sliced)
- 1 cup Arugula
- 1/4 cup Red Onion (chopped)
- 1 clove Garlic (minced)
- 1/2 cup Zucchini (chopped)
- 2 Egg (Pasture Raised)
- Sea Salt & Black Pepper (to taste)
- 1/4 unit Avocado
- 1 oz Goat Cheese

Nutrition

Amount per serving	
Calories	358
Fat	26g
Carbs	12g
Fiber	5g
Sugar	5g
Protein	21g
Sodium	289mg
Potassium	737mg
Calcium	157mg
Iron	3mg
Phosphorous	370mg

Directions

- 1 Heat the olive oil in a skillet over medium heat. Add the onion and garlic and saute for 1 minute. Add mushroom, zucchini, and green leaves and saute for 1 more minute.
- 2 Push the veggies to one side of the pan, and crack the eggs into the empty side. Use a spatula to scramble, slowly incorporating the veggies once the eggs are no longer very wet.
- 3 Top with goat cheese and avocado and enjoy!

Notes

More Carbs, Serve with roasted squash or sweet potatoes.

Egg-Free, Use mashed tofu instead of eggs.