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## 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 1 g Fiber <1g Protein 13g Total Fat 18.5g Sat. Fat 3 g Sodium 150 mg
Source: Leah's Pantry
Funded by USDA SNAP, an equal opportunity provider and employer.
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