

Garden Scramble

Inspired by JustPutzing.com

For more recipes: www.hopelink.org/need-help/food/healthy-recipes

Ingredients:

- 6 large eggs
- 1 cup broccoli, chopped into bite-sized pieces
- 1 large carrot, peeled and chopped into bite-sized pieces
- ⅓ cup water
- ½ red bell pepper, diced
- ½ cup mushrooms, chopped
- 1-1/2 tbsp olive or vegetable oil
- Cooking spray
- Salt and pepper

Method:

1. Crack eggs into a medium mixing bowl and beat until contents are uniform. Season with salt and pepper.
2. Heat oil in skillet over medium-high heat. Sauté chopped broccoli and carrot (and other dense vegetables) until soft. Add chopped peppers and mushrooms (and any other lighter vegetables) and stir.
3. Add beaten eggs. Allow eggs to solidify and cook until light yellow, then gently toss and "scramble" your eggs. (Don't over-stir for fluffier eggs.)
4. Plate and enjoy!

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Growing Connections to Fresh Food

