



# Vegetable Egg Scramble

Prep: 10 minutes | Cook: 15 minutes | Total: 25 minutes

Yield: 2 servings | Serving Size:  $\frac{3}{4}$  cup

## Ingredients

- 4 eggs (or  $\frac{3}{4}$  cup egg substitute)
- 3 tablespoons water
- 1 tablespoon olive oil
- $\frac{1}{3}$  cup diced tomato (about  $\frac{1}{2}$  small tomato, such as a Roma tomato)
- $\frac{1}{4}$  cup finely chopped onion (about  $\frac{1}{4}$  medium onion)
- 1 cup loosely packed spinach, chopped if large (or  $\frac{1}{4}$  cup frozen chopped spinach)
- $\frac{1}{4}$  teaspoon salt-free seasoning blend
- $\frac{1}{4}$  teaspoon ground black pepper
- 2 ounces Oaxaca cheese, cut into small cubes (about  $\frac{1}{2}$  cup; can use another cheese such as mozzarella, cheddar, or Monterrey jack)

## Directions

1. In small bowl, use a fork to whisk together the eggs and water. Set aside.
2. Heat nonstick skillet over medium heat. Add the oil and heat until shimmering.
3. Add the tomato and onion. Cook until the onion is softened, about 4-6 minutes.
4. Add the spinach, salt-free seasoning, and black pepper. Cook and stir until the spinach wilts, about 2 minutes.
5. Add the egg mixture. Let sit for a few seconds without stirring then, using a rubber spatula (scraper), push the egg mixture away from the edges and bottom of the pan.
6. Continue to cook, gently folding with the spatula, until soft curds form, about 2-3 minutes.
7. Add the cheese and continue cooking, folding gently, until the eggs are just finished cooking, about 1-2 minutes.
8. Divide between two plates and serve warm.

## Recipe Notes

- Another finely chopped vegetable can be used in place of spinach, if desired (e.g. bell pepper, broccoli, carrots).
- For a little kick, try adding hot sauce or salsa at the end of cooking or as a topping when serving.

**Nutrition Facts Per Serving: Calories: 225 | Total Fat: 17.5 g | Saturated Fat: 4.5 g  
Sodium: 180 mg | Total Carbohydrate: 4.5 g | Dietary Fiber: 1 g | Protein: 14 g**

For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



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