



Noreen's Kitchen

Veggie & Egg Scramble

Ingredients

6 eggs	1 clove garlic, minced
1/4 cup water	1/2 cup mushrooms, chopped
2 tablespoons milk	1/2 cup grape tomatoes
2 to 3 cups mixed baby spinach & kale	1/4 cup Chevre' (soft goat cheese)
1/4 cup roasted red pepper, diced	Salt and pepper to taste
1/4 cup sweet onion, diced	1 tablespoon coconut oil or butter

Step by Step Instructions

Whisk eggs, milk and water together. Season with salt and pepper to taste. Set aside.

Melt butter or coconut oil in a large skillet.

Add onion, pepper, garlic and mushrooms and sautee until soft.

Add kale and spinach to the pan with the other vegetables and cook until greens are wilted.

Add egg mixture to the pan and cook like scrambled eggs, continuing to move around until the eggs are cooked to your desired consistency.

Turn heat off and dot the top of the eggs with the goat cheese. The residual heat will help to melt the cheese.

Serve with grape tomatoes if desire.

I do not like to cook the tomatoes in with the rest of the veggies because they let off a lot of water that causes the eggs to get mealy and not fluffy. Just a personal preference. So I add them to the eggs when I plate them.