

Veggie Scromlette

Ingredients

- 3 large eggs
- 1 Tablespoon shredded cheddar cheese
- 2 cups fresh spinach
- $\frac{1}{2}$ onion
- $\frac{1}{2}$ tomato
- 1 Tablespoon fresh herb of your choice (rosemary, thyme, oregano, dill, or parsley) or $1\frac{1}{2}$ teaspoon dried
- 2 teaspoons salt free seasoning blend (like Mrs. DASH®)
- $\frac{1}{4}$ teaspoon black pepper
- $\frac{1}{8}$ teaspoon kosher salt

Supplies

- Sharp knife
- Cutting board
- Small bowl
- Medium bowl
- Measuring cups
- Measuring spoons
- Whisk
- Skillet or fry pan
- Spatula or wooden spoon
- Stove or burner
- Serving plates

Steps

1. Crack eggs into medium bowl. Put shells in small scrap bowl.
2. Whisk eggs.
3. Wash and dry the spinach, herbs, and tomato.
4. Roughly, chop spinach and fresh herbs. Add to the eggs.
5. Add salt, pepper, and seasoning to egg mixture.
6. Dice the tomato and onion.
7. Heat the olive oil in the skillet over medium high heat.
8. Add the onions to the skillet and sauté.
9. Add the tomatoes to the skillet and cook for 2 to 3 minutes.
10. Cook the eggs (zoom in on how Margaret cooks the eggs)

11. Turn heat off. Add cheese to eggs.
12. Serve.

Now that we have all of our ingredients and supplies ready, let me show you how easy this is to make!

- First, we are going to crack the eggs and put them in a medium bowl. Put egg shells in food scrap bowl.
- Whisk the eggs until the egg whites and yolk are mixed together.
- Wash and dry vegetables and fresh herbs.
- Roughly chop the spinach and fresh herbs. Then add them to the eggs. If using dried herbs, you don't need to chop them.
- Add the salt, pepper, and seasoning to the egg mixture.
- Dice the tomato and onion. Put the food scraps in the small bowl.
- Next, you need to heat the olive oil in the skillet over medium high heat.
- After the oil is hot, add the onions to the skillet with the olive oil. Sauté for 3 to 5 minutes.
- Then add the tomatoes to the skillet and cook for 2 to 3 minutes or until they are soft.
- After the tomatoes are cooked, turn the heat down to medium. Then pour egg mixture into the pan. Fold the eggs with a spatula or spoon. Continue folding the eggs until they are almost set. They will look a little wet still.
- Turn the heat off. Sprinkle the cheese evenly over the eggs.
- Serve the veggie scromlette.