



## Veggie Scromblet

A "scromblet" is the name we gave to a scrambled omelet; a quick and easy way to add veggies to your breakfast!

**\*\*Multiply recipe by 2\*\***

### U.S.

|           |  |
|-----------|--|
| 3 large   | Eggs   |
| 2 cups    | Spinach, washed and dried, chopped   |
| 1/8 tsp   | Salt, Kosher   |
| 1/4 tsp   | Black Pepper, ground   |
| 1 Tbsp    | Rosemary, Thyme, Oregano, Dill, <b>or</b> Parsley, fresh, chopped (or 1 tsp dried) |
| 2 tsp     | Salt Free Seasoning Blend of choice  |
| 1 tsp     | Olive Oil  |
| 1/2 each  | Onion, diced small   |
| 1/2 large | Tomato, diced small  |
| 1 Tbsp    | Cheddar Cheese, shredded   |

### Metric

|           |
|-----------|
| 3 large   |
| 60 g      |
| 0.75 g    |
| 0.6 g     |
| 3.6 g     |
| 2.4 g     |
| 5 mL      |
| 1/2 each  |
| 1/2 large |
| 7 g       |

### **Preparation:**

1. Gather all ingredients and equipment.
2. In a medium bowl, whisk eggs. Add the spinach, salt, pepper, herbs, and seasoning of choice. Whisk until well combined. Set aside.
3. Heat a medium sauté pan on medium-high. Add oil. Add onions and sauté for 3-5 minutes. Add tomatoes and cook for 2-3 minutes or until soft.
4. Reduce heat to medium and pour egg mixture into pan. Fold eggs with a spatula or spoon. Continue folding until eggs are almost set.
5. Turn off heat and place cheese in an even layer over top of eggs. Cover pan and allow to sit for 1 minute to melt the cheese. Serve.

**Variation:** You can mix and match your veggies in this recipe. Broccoli, mushrooms, garlic, peppers and just about any type of greens would all taste great in your frittata. You can also try different cheeses. For heat, add hot sauce to the veggies when sautéing.

**\*\*Nutrition Facts on Reverse**

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| <b>Nutrition Facts</b> |                   |
|------------------------|-------------------|
| <b>Serving size</b>    | <b>1/2 recipe</b> |
| <b>Servings</b>        | <b>2</b>          |
| <b>Calories</b>        | 169               |
| Calories from Fat      | 90                |
| Total Fat              | 10 g              |
| Saturated Fat          | 3 g               |
| Trans Fat              | 0 g               |
| Monounsaturated Fat    | 2 g               |
| Cholesterol            | 326 mq            |
| Sodium                 | 296 mq            |
| Carbohydrates          | 7 g               |
| Dietary Fiber          | 1 g               |
| Sugars                 | 2 g               |
| Protein                | 12 g              |
| Vitamin A              | 104 %             |
| Calcium                | 10 %              |
| Vitamin C              | 23 %              |
| Iron                   | 5 %               |
| Phosphorus             | 72 mg             |

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