

ZUCCHINI AND EGG SCRAMBLE



SERVING SIZE

1



INGREDIENTS

ITEM

Olive Oil
Zucchini, sliced or shredded
Eggs, beaten
Salt and Pepper

QUANTITY

2 Tsp.
2 Cups
3
To Taste



PREPARATION

- 👉 In a non-stick skillet, warm olive oil over medium heat.
- 👉 Add zucchini and sauté for 3–4 minutes, or until tender.
- 👉 Pour in beaten eggs, stirring gently to combine with zucchini.
- 👉 Add salt and pepper to taste.
- 👉 Cook until eggs are just set, then serve hot. Enjoy!