



VEGGIE EGG SCRAMBLE



INGREDIENTS

ITEM

QUANTITY

- Large Eggs 3
- Baby Spinach ½ Cup
- Diced Red Bell Pepper ¼ Cup
- Sliced Green Onion Tops 2 Tbsps.
- Lactose-free Shredded Cheddar Cheese ¼ Cup
- Olive Oil 1 Tsp.
- Chopped Fresh Chives 1 Tbsp.
- Salt and Black Pepper, to Taste

SERVING SIZE

1



PREPARATION

- 👉 Heat olive oil in a non-stick skillet over medium heat.
- 👉 Add red bell pepper and cook for 2-3 minutes until slightly softened.
- 👉 Add spinach and green onion tops and cook until spinach begins to wilt.
- 👉 Whisk eggs with salt and pepper.
- 👉 Pour eggs into the skillet and gently scramble with the vegetables.
- 👉 Cook until eggs are set but still soft.

- 👉 Sprinkle cheddar cheese over the eggs and allow it to melt.
- 👉 Finish with fresh chives and serve.