



Veggie Egg Scramble

Prep Time: 10 mins Cook Time: 5 min Serves: 4

Ingredients:

- ¼ cup bell pepper
- 2 green onion
- ¼ cup kale
- 4 tsp olive oil
- 6 eggs, beaten
- 1 tsp garlic powder
- Pinch of salt
- Pinch of pepper

Instructions:

1. Dice your veggies into ¼ inch chunks.
2. Heat olive oil in a pan over medium heat.
3. Add bell peppers and green onion to pan. Cook until starting to brown, add kale, cook for 2 minutes.
4. Crack eggs into a bowl. Mix in garlic powder, salt, and pepper and whisk.
5. Move veggies to the side of the pan and add eggs.
6. Cook for 2-3 minutes, stir regularly. Make sure the eggs are cooked all the way and don't look wet.
7. Let cool and enjoy!

Try experimenting
with your veggies to
make it your own!

