

# SCRAMBLED EGGS WITH VEGGIES

## INGREDIENTS:

- 1-2 eggs
- Egg whites (optional)
- Vegetables, chopped
- Preferred seasonings
- Olive oil



Eggs are a great source of protein! Enjoy whole eggs, and you can also add in extra egg whites if you'd like.

## DIRECTIONS:

1. Preheat skillet to medium. Add a drizzle of olive oil, and add the chopped vegetables.
2. Sauté the veggies until softened and translucent. Adding a splash of water may help them soften a bit more quickly.
3. While the vegetables sauté, whisk together eggs and egg whites (if using). Once vegetables are softened, pour in egg mixture. Stir the eggs around the pan frequently as they cook.
4. Add seasonings, to taste. Once eggs are almost set, remove from pan and enjoy!

## TIPS:

- Pairing a protein with a carbohydrate is important at meals and snacks to help maintain blood sugar and provide energy. Be sure to add a carbohydrate to your eggs. Some ideas include toast, oatmeal, a bagel, making a breakfast taco with tortillas, fruit, and milk.
- When you cut up veggies for other meals, put some aside in a Ziploc bag to have available for your morning eggs.

## Seasoning Ideas:



## Vegetable Ideas:

