

Veggie Scramble

2 eggs beaten

1 tsp. Olive oil or Butter

1 handful spinach leaves

Feta cheese crumbles

Add more veggies: cooked broccoli, lentil sprouts, grated carrots, grated zucchini, asparagus, green beans, kale, red or green pepper, onions
Heat veggies in frying pan with a little olive oil or butter, push vegetables to one side, pour beaten eggs into pan on other side and scramble.

Sprinkle with feta cheese, asiago, or parmesan cheese. Also great served with fresh salsa, green onions.