



COOKING: Seriously-Good- For-You Scrambled Eggs!

KITCHEN GEAR:

- Kitchen knife
- Cutting board
- Cheese grater
- Whisk or mixing spoon
- Small board
- Small frying pan
- Measuring spoons
- Spatula

INGREDIENTS:

- Eggs
- Sharp cheddar cheese, grated
- Orange bell peppers, diced
- Mushrooms, wiped clean and thinly sliced
- Cherry tomatoes, rinsed and diced

- Spinach, chopped into small pieces
- Broccoli, rinsed and chopped into very small pieces
- Onions, diced
- Non-stick spray or olive oil
- Crushed/minced garlic or garlic salt

INSTRUCTIONS:

1. Crack 2 eggs and whisk well in a small bowl (the more you whisk, the fluffier the eggs)
2. Sprinkle some grated sharp cheddar cheese into the bowl.
3. Spray a small frying pan with non-stick oil (or add a very small amount of olive oil).
4. Add veggies of your choice, along with a ½ teaspoon of crushed garlic or a dash of garlic salt.
5. Add salt and pepper
6. Sauté veggies for a few minutes on medium heat, until they are slightly soft.
7. Pour in eggs and cheese mixture
8. Use spatula to slowly scramble eggs until they are completely cooked through.