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.