

Broccoli & Pepper Egg Scramble

7 ingredients · 15 minutes · 1 serving



Directions

1. Heat the oil in a nonstick pan over medium heat.
2. Add the broccoli, red pepper and onion to the pan and cook for 8 to 10 minutes or until the veggies are just tender. Add in the garlic and season with salt and pepper and cook for another minute.
3. Move the veggies to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the veggies into the egg once the eggs are cooked through. Season with additional salt if needed and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Additional Toppings

Chives, red pepper flakes, and/or hot sauce.

Serve it With

A green salad, grated carrots or quinoa.

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1/2 cup Broccoli (chopped)
- 1/4 Red Bell Pepper (chopped)
- 1/4 Yellow Onion (chopped)
- 1 Garlic (small clove, minced)
- Sea Salt & Black Pepper (to taste)
- 2 Egg (whisked)