

Vegetable & Egg Scramble* (lowfodmap)

Don't toss out those almost-past-their-prime vegetables and fresh herbs. Toss them into this skillet egg scramble for a quick hearty meal. Nearly any vegetable will work in this easy skillet recipe, so choose your favorites or use what you have on hand.

🕒 Preparation 30 minutes ● Total 30 minutes 1 Cup

Ingredients

or	or
1 tsp of oil, olive, salad or cooking (5 g)	1/2 Cup of bell pepper (40 g)
or	or
1 teaspoon minced fresh herbs, such as rosemary or thyme	2 eggs (110 g)
or	or
1/4 tsp of salt, table (2 g)	2 tbsps chopped of chives, raw (6 g)
or	or
1.25 Cups of potato, boiled (170 g)	1 cup of spinach, raw (30 g)
or	
1/2 Cup of carrots. (45 g)	

Cooking method

1

Heat oil in a large cast-iron or nonstick skillet over medium heat. Add bell pepper. Add potatoes; cover and cook, stirring several times, until they begin to soften, about 8 minutes.

2

Add carrots (or other vegetables); cook uncovered, stirring occasionally, until the vegetables are tender and lightly browned, 8 to 10 minutes. Stir in herbs. Move the vegetable mixture to the perimeter of the pan.

3

Reduce heat to medium-low. Add eggs and chives to the center of the pan. Cook, stirring, until the eggs are softly scrambled, about 2 minutes.

4

Stir leafy greens into the eggs. Remove from heat and stir to combine well. Stir in salt.