

Vegetable & Egg Scramble* [Copy]

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 atsal (bell pepper) (40 g)
or	or
1 teaspoon minced fresh herbs, such as rosemary or thyme	1.5 Pieces of egg,boiled (83 g)
or	or
1/4 tsp of salt, table (2 g)	100 grams of spring onions
or	or
1.25 Cups of potato, boiled (170 g)	1 unit of spring onions, bulbs and tops, raw (10 g)
or	
1/2 Cup of carrots. (45 g)	

Cooking method

- Heat oil in a large cast-iron or nonstick skillet over medium heat. Add onions and bell pepper. Add potatoes; cover and cook, stirring several times, until they begin to soften, about 8 minutes.
- 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.
- Reduce heat to medium-low. Add eggs and spring onions to the center of the pan. Cook, stirring, until the eggs are softly scrambled, about 2 minutes. You may also add - Cabbage or Malunngay
- Stir leafy greens into the eggs. Remove from heat and stir to combine well. Stir in salt.
- Serving Size: 1 1/2 Cups