



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.

 30 minutes

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 1 Cup

INGREDIENTS

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

NUTRITIONAL INFORMATION

	PER 100 g	PER CUP [408 g]	% DRI
ENERGY	87 kcal	353 kcal	18 %
PROTEIN	5 g	21 g	42 %
CARBOHYDRATE	8 g	31 g	12 %
SUGARS	0 g	0 g	0 %
FAT	4 g	17 g	24 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	3 %
FIBER	0 g	1 g	4 %
SODIUM	148 mg	605 mg	25 %