**Gourmet Scrambled Eggs**

**Ingredients**:

7 ml margarine

1 piece of onion chopped finely

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (vegetable) diced

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (vegetable) diced

3 eggs

10 ml milk

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (protein) diced

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (cheese) shredded

1 ml salt

Dash pepper

Optional Spices(only add a dash): garlic powder, cayenne pepper, paprika

Method:

1. HAHGT
2. Melt margarine in frying pan over medium heat. Add onions sauté until tender, about 3 minutes.
3. Add additional vegetables (like peppers, broccoli, zucchini) cook another 3 minutes
4. Add remaining vegetables (spinach) and protein and cook 1 minute. Remove to a clean plate.
5. In a small bowl whisk eggs, milk, salt and pepper together
6. Pour egg mixture into the frying pan. Cook over low heat, lifting and stirring slowly until eggs are completely set.
7. Stir in sautéed vegetables
8. Stir in shredded cheese
9. Toast bread in the toaster, then lightly butter.
10. Serve immediately.

Serves: 2 people