



Scrambled Eggs with Vegetables

Yield: 3-4 as part of breakfast, 2-3 as an entrée

Ingredients:

2 T Olive Oil (optional, a combination of butter and oil)
1 Onion, medium, diced
½ Bunch Kale, washed, spun dry, center stalk removed and chiffonade sliced (thin ribbons)
1 ½ Zucchini (or 1 large), sliced in half lengthwise, then each half into thirds, and finely sliced
6-7 Eggs
2 T Water (or milk/half-and-half for richness)
Pinch of dried thyme (or ½ tsp fresh thyme)
½ Pint of cherry tomatoes, de-stemmed and halved
Salt and black pepper

Options: 2 T grated parmesan or ¼ C grated cheese (cheddar, gruyere, crumbled feta)
½ C grated or sliced cooked potato (baked or boiled potato leftover)

Method:

Prep all of the vegetables and assemble them close to the stove. Beat the eggs with water (or dairy), thyme, 1/4 tsp of salt and pinch of black pepper. The egg whites and yolks should be emulsified. Set aside.

Place a 10-inch non-stick fry pan/skillet over medium heat and when hot, add the oil and lower heat. When the oil is hot, add the diced onions and a pinch of salt and sweat the onions until soft. Add the zucchini, kale and pinch of salt and cook until the zucchini is tender and the kale has completely wilted. If using cooked potato add now and heat just until warm. Over medium heat, add the beaten eggs, giving them one brisk whisk before adding to the pan. Let the eggs set for 1 minute, then stir gently with a wooden spoon or spatula, lifting eggs so the raw eggs run into the bottom of the pan. Continue to stir gently while the egg curds form and when the eggs are almost cooked to your desired doneness, stir in the cherry tomato halves and cheese. When the cheese is melty and the tomatoes are warm, taste, re-season with salt and pepper as desired.