

Fluffy Scrambled Eggs with Veggies



Serves: 2

INGREDIENTS

1 tablespoon (15 milliliters) olive oil, divided*

2 handfuls of small diced or roughly chopped veggies of your choice* (e.g., onions, broccoli, tomato, peppers, etc.)

2 eggs

Kosher salt, to taste, optional

Ground pepper, to taste

Working veggies in at breakfast is a great way to start the day. The combination of protein and fat in the egg along with high-fiber veggies helps with satiety throughout the morning. But there's no need to confine this dish to breakfast; it's tasty any time of the day. Incorporating vegetables into breakfast is a great way to get the recommended number of vegetables per day. It can also help offset intake of less healthful breakfast foods, such as those relying on highly processed carbohydrates or processed meats for filling power. Pair this dish with whole grain toast for a truly balanced meal.

Like fried eggs, scrambled eggs are often cooked in a lot of butter, which is high in unhealthy saturated fat. For a healthier cooking approach, use plant oils that are liquid at room temperature (e.g., olive or avocado oils) and use only the amount needed to prevent sticking. Using a nonstick pan reduces the need for excess oil.

INSTRUCTIONS

1. Heat a small (6- to 8-inch [15- to 20-centimeter]) nonstick skillet, add 1½ teaspoons (7.5 milliliters) oil, and then sauté veggies until desired tenderness. Transfer veggies into a bowl and set aside.
2. Wipe out skillet and add remaining 1½ teaspoons (7.5 milliliters) oil to pan over low heat. Scramble eggs thoroughly in a bowl with a fork or whisk and season with salt and pepper.
3. Pour the scrambled eggs into the pan and stir intermittently with a rubber spatula. When starting to cook (not runny) but when eggs are still wet and underdone, add veggies back to pan. Stir until eggs are cooked to nearly desired doneness (little or no wetness, but no brown spots) and transfer immediately to warm serving plates. Serve immediately.

NOTES

- *You can use leftover cooked veggies to save time. If so, omit half of the oil.
- The keys to fluffy scrambled eggs are to use low heat, a small pan (so that eggs aren't in a thin layer), and a nonstick pan and rubber spatula to stir and turn occasionally. Finally, make sure to remove from heat just before done because there is some carryover cooking.
- To make an egg white scramble (which makes the dish cholesterol-free; all the cholesterol is in the yolk), substitute 2 egg whites for each full egg.
- To cut egg consumption in half, while substituting in a plant protein for part of the egg, blend one part egg to one part firm tofu in a blender and season with a pinch of black salt (*kala namak*, or Himalayan black salt, a sulfur-containing salt that tastes like eggs). The taste and texture are very similar to a 100% egg dish, especially when other ingredients are mixed in for omelets or vegetable scrambles.

Nutritional Info (per 1 egg/half recipe): Calories 153, Total Fat 12 g, Saturated Fat 2.6 g, Cholesterol 186 mg, Sodium 155 mg, Total Carbohydrate 5 g, Dietary Fiber 2 g, Sugars 2 g, Protein 7 g, Vitamin A 14%, Vitamin C 43%, Calcium 3%, Iron 6%, Magnesium 4%, Zinc 7%, Vitamin D 10%, Vitamin B12 19%, Vitamin E 7%

► To view the video for this recipe, and all electronic resources associated with the Culinary Medicine Curriculum, please see <https://bit.ly/culinarymededucation>.
