



Herb & Zucchini Scramble

SERVES 1

Ingredients:

1/4 yellow onion, very thin slice

1/2 zucchini, cut into very thin slices

4 eggs

Splash of milk

Salt & pepper

Herbs of choice (I used Basil, Parsley, &

Oregano)

Crushed red pepper (optional)

Directions:

Put onions in a medium saute pan over medium heat with a splash of olive oil. Let cook until fragrant and translucent.

You shouldn't get any browning or color on them. If you do, turn down your heat a little. Toss in your zucchini and let cook until noodles or slices have softened and are fork tender. If using fresh herbs add them to the pan now and allow to cook for 1 minute before adding in eggs.

While those are cooking, crack 4 eggs into a bowl. Add a splash of milk and whisk together. Add in your pinch of salt and pepper and if using dried herbs add them in here.

Stir and add into pan with onions and zucchini. Keep everything moving in the pan with a spatula. Sprinkle on some red pepper and cook just until eggs are soft and a nice pale yellow.



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