

I know, I know - omelets are more well known for combining eggs and vegetables. But since my omelet attempts have ended up more like scrambled eggs for the last several years, I just go with the scrambled eggs now. ~lol~

Marie Rice

www.PartOfTheWhole.com

Veggie Scrambled Cheese Eggs

Eggs - for a single serving 2 eggs or 3 eggs are good, depending on whether it will be a side dish or main course

Black Pepper

Cayenne Pepper (optional)

Milk

Shredded Cheese - use your favorite cheese flavor; different cheese varieties give the final scramble different tastes

Vegetables - 1 or more of your favorite vegetables

Slice and dice/chop veggies into small pieces. The smaller the veggie piece, the easier it will work into the scrambled eggs. Tougher vegetables (such as zucchini, squash, radish, carrots, etc), especially need to be cut into small pieces. Set in a bowl next to the stove. If using both tough and soft veggies, you may want to place tough veggies in one bowl and soft veggies into another bowl.

Crack eggs into a separate bowl. Use fork to beat eggs until yolks and whites are mixed. Sprinkle black pepper into beat eggs. Add a small dash of cayenne pepper if desired for a slight zing. Add just a splash of milk. Stir pepper(s) and milk into eggs. Stir in shredded cheese until moistened. Set bowl to the side near stove.

Heat burner to high heat and turn down to between medium and medium high. Place non-stick skillet on heated burner. If using any tough veggies, transfer veggies from the bowl to the skillet and use a spatula to move veggies around for maybe a minute. Soft veggies can also be placed in the skillet at the same time if you would like them cooked more.

Pour egg mixture into skillet over veggies. If any veggies remain in a bowl, add them at this time. Immediately begin moving eggs and veggies around skillet with a spatula and continue until eggs are completely cooked. Slide eggs and veggies onto plate.

Notes:

* Do not use a wooden bowl to beat the egg mixture as the raw egg can contaminate the wood.

* I use a small 8-inch skillet since I do one batch at a time. (We each have our own favorite combinations.) If making a large family batch, a large skillet will work better.

* If skillet is not non-stick, add a small amount of olive oil to

bottom of pan immediately prior to adding tough veggies.

* The amount of shredded cheese that you use is based on how cheesy you like your scrambled eggs. I use probably about 1/2 cup of shredded cheese with 2 eggs for a single batch, and it has a nicely cheesy flavor without overdoing the cheese.

A Few Veggie Suggestions:

(Use seasonal veggies or thaw out some frozen veggies. This only begins to scratch the surface of a list of veggies - if you like a veggie, consider adding it to the egg scramble.)

Zucchini - cut into thin slices and then further cut into small pieces

Squash - cut into thin slices and then further cut into small pieces

Radish - cut into thin slices and then further cut into small pieces

Fresh Tomato - diced, does not need to be super small

Bell Pepper - cut into thin slices and then further cut into small pieces

Carrot - shredded is best for use in scrambled eggs

Onion - chopped somewhat small (each color onion provides a slightly different flavor)

Hearts Of Palm - cut into thin slices and then further cut into small pieces

Fresh Spinach Leaves - tear into small pieces, leave stems out