

VEGGIE SCRAMBLE WITH STRAWBERRIES

15 MINUTES | 1 servings

Healthy breakfast

Ingredients

- 4 eggs
- 1/8 tsp sea salt (divided)
- 1 tsp extra virgin olive oil
- 1 red bell pepper (finely chopped)
- 1 tomato (medium, diced)
- 1 stalk green onion (chopped)
- 1 cup strawberries (chopped)

Preparation

1. Whisk the eggs in a bowl and season with half of the salt. Set aside.
2. Heat the oil in a pan over medium heat. Cook the peppers for about five minutes or until tender and just browned. Add the tomato and green onion and cook for two to three minutes more until the tomatoes have softened. Season the vegetables with the remaining salt.
3. Push the vegetable mixture to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the vegetables into the egg once the eggs are cooked through. Serve with strawberries and enjoy!

Nutrition information per serving

Calories **424 kcal**

Carbs **24g**

Protein **29g**

Total Fat **25g**

Saturated Fat **7g**

Sodium **634mg**

Fiber **7g**

Total Sugar **13g**



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