Meal Prep Breakfast Scramble

PREP TIME: 10 MIN

COOK TIME: 15 MIN

SERVINGS: 4–5

DIRECTIONS

1. In a large pan/skillet, heat oil over medium heat. Add in onion and bell pepper, stir and cook for 5-7 minutes, until softened.

2. Place diced potatoes in microwave-safe bowl. Microwave for 3 minutes, stir and continue cooking in 30 second increments until softened.

3. Add potatoes to skillet and cook for an additional 3-4 minutes.

4. Add eggs and seasoning, stir and cook. When eggs are almost done cooking, fold in cheese.

5. Place into small containers, and allow to cool, and store in refrigerator. Reheat and enjoy throughout the week!

INGREDIENTS

- 2 Tbsp vegetable oil
- 1 small onion, chopped
- 1 green bell pepper, chopped
- 2 potatoes, diced
- 1 Tbsp of garlic salt
- 1 tsp black pepper
- 6 large eggs, beaten
- 1 cup shredded cheese
- Optional toppings: sliced green onion, sour cream, salsa, avocado
- Serve with: corn tortillas, toast, English muffin

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