The Pantry Scramble

Servings: 2  Prep Time: 5 min  Cook Time: 15 min

INGREDIENTS

2 eggs, beaten
1/4 cup chopped/diced onion
1/4 cup cubed or shredded potatoes
1/4 cup chopped/diced zucchini/squash
2 Tbsp oil or butter

Optional: Shredded cheese, sour cream, green onions, favorite spices (garlic powder/garlic salt, chili flakes, paprika, oregano)

Tips: You can toss in an extra leafy greens that you have on hand (spinach, kale), they will cook down in 1-2 minutes!

PREPARATION

1. Heat pan on medium heat. Add oil or butter to coat the bottom of the pan.
2. Add in onions and potatoes and cook on medium heat for 5 minutes or until translucent, stirring occasionally.
3. Add in zucchini and cook for 2-3 minutes. Add leafy greens (if using) and cook for 1-2 minutes.
4. Pour in the eggs, season with salt and pepper (optional spices: garlic powder/garlic salt, chili flakes, paprika, oregano) and mix ingredients continuously, scraping the bottom of the pan where the eggs will cook fastest. Cook until eggs are solid throughout.
5. Turn off heat and stir in shredded cheese (if using) while still hot. Mix and serve!

Find more healthy recipe ideas & nutrition info at wellness.sfsu.edu/nutrition