

BREAKFAST

# Scrambled Eggs & Greens

## INGREDIENTS

- 1 Tbsp. Olive Oil
- 1 leek, chopped into small pieces
- 1 clove garlic, minced
- 2 eggs
- 1 carrot, diced
- 1 cup chopped spinach, dandelion, watercress or chard

## DIRECTIONS

Beat the eggs in a small bowl.  
Heat the oil in a frying pan.  
Sauté leek for 3 minutes. Add garlic and sauté another minute.  
Add carrots, cover and cook 5 minutes on low heat, until carrots are softened.  
Remove veggies and put on a plate.  
Add a little oil to the pan if it's dry, add the eggs, and cook over medium heat for 3 minutes until eggs are mostly cooked.  
Add greens and other veggies and stir everything together, scrambling the eggs.  
Add salt and pepper to taste and serve.



## TIME AND YIELD

Prep: 10 | Cook: 12  
serves 1-2