



Veggie Goat Cheese Scrambler

Servings: 4

Prep: 10 minutes

Cook: 10 minutes

Ready: 20 minutes

Ingredients

4 tablespoons olive oil

3 cups kale or spinach, washed, dried, thinly sliced

½ cup mushrooms thinly sliced

¼ teaspoon kosher salt

⅛ teaspoon black pepper

½ cup cherry tomatoes halved

8 large eggs whisked

½ cup green onion thinly sliced, both green and white parts

½ cup goat cheese



Getting Healthy Fats into Your Life



Tip 1: Eggs contain several vitamins and minerals to promote brain health and may lower the risk of heart disease.



Tip 2: Healthy fats like eggs help regulate body temperature and keeps hair, skin, and nails from becoming brittle and dry.

Tip 3: This recipe is high in calcium for building and maintaining strong bones.

What you'll need



measuring spoons



measuring cups



large skillet

Veggie Goat Cheese Scrambler

Instructions

1. Heat olive oil (4 TBSP) on medium heat in a large non-stick skillet.
2. Add greens (3 cups) and mushrooms (½ cup). Sprinkle with salt (¼ tsp) and pepper (¼ tsp) and cook, stirring occasionally, until mushrooms are tender, about 3 minutes.
3. Add cherry tomatoes (½ cup) and cook until tomatoes are soft, 1-2 minutes.
4. Add eggs (8) and cook, stirring occasionally, until eggs are almost cooked through and firm, about 2 minutes.
5. Add green onions (½ cup) and dollops of goat cheese (½ cup) and heat gently until cheese melts.



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Nutrition Facts

Servings 4

Amount Per Serving

Calories **346**

% Daily Value

Total Fat 28g **43%**

Saturated Fat 8g **38%**

Monounsaturated Fat 10g

Polyunsaturated Fat 2g

Trans Fat 0g

Cholesterol 370mg **123%**

Sodium 161mg **7%**

Potassium 451mg **13%**

Total Carbohydrate 8g **3%**

Dietary Fiber 2g **9%**

Sugars 2g

Protein 18g **36%**

Vitamin A **266%**

Vitamin C **65%**

Calcium **84%**

Iron **13%**