



Veggie Goat Cheese Scrambler

Servings: 4

Prep: 10 minutes

Cook: 10 minutes

Ready: 20 minutes

What you'll need



measuring spoons



measuring cups



large skillet

Ingredients

4 Tbsp olive oil

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

½ cup mushrooms thinly sliced

¼ tsp kosher salt

⅛ tsp 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

Directions

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 (⅛ 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.

Notes

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.



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%**



Share your healthy eats
with us @Wellbeats

