



Croele Scromblet

A "scromblet" is a scrambled omelet; a quick and easy way to add veggies to your breakfast!

****Multiply recipe by 2****

<u>U.S.</u>		<u>Metric</u>
3 large	Eggs	3 large
2 tsp	Water	10 mL
1/8 tsp	Salt, Kosher	0.75 g
1/8 tsp	Black pepper, ground	0.3 g
1 Tbsp	Fresh Rosemary, Thyme, Oregano, or Parsley, chopped (or 1 tsp dried)	3.5 g
1/4 tsp	Paprika	0.6 g
1/4 tsp	Garlic Powder	0.7 g
1/4 tsp	Onion Powder	0.6 g
1 tsp	Olive or Canola Oil	5 mL
1/4 each	Onion, diced small	1/4 each
1 cup	Zucchini or Yellow Squash, diced into half moons	124 g
1 Tbsp	Cheddar Cheese, shredded	7 g

Preparation:

1. Gather all ingredients and equipment.
2. In a medium bowl, whisk eggs. Add the water, salt, pepper, herbs, and seasonings. Whisk until well combined. Set aside.
3. Heat a medium sauté pan over medium-high heat. Add oil. Add onions and sauté for 2 minutes. Add squash and cook for 2-3 minutes or until soft.
4. Pour egg mixture into pan. After about 1 minute, fold eggs with a spatula or spoon. Continue folding until eggs are almost set.
5. Turn off heat and place cheese in an even layer over top of eggs. Cover pan and allow to sit for 1 minute to melt the cheese. Serve.

Variation: You can mix and match your veggies in this recipe. Broccoli, mushrooms, tomatoes, garlic, peppers, and just about any type of greens would all taste great. You can also try different cheeses. For heat, add hot sauce to the sautéing veggies or a 1/4 tsp of cayenne powder.

****Nutrition Facts on Reverse**

Nutrition Facts

2 Servings

Serving size **1/2 recipe**

Amount per serving

Calories **170**

Calories from Fat 100

Total Fat 11 g

 Saturated Fat 3.5 g

 Trans Fat 0 g

 Monounsaturated Fat 0.5 g

Cholesterol 285 mg

Sodium 290 mg

Total Carbohydrate 3 g

 Dietary Fiber 1 g

 Total Sugars 2 g

 Includes 0g Added Sugars

Protein 12 g

Vitamin D 0 %

Calcium 8 %

Iron 4 %

Potassium 190 mg

Phosphorus 65 mg
