

Southwest Veggie Scramble



SOUTHWEST VEGGIE SCRAMBLE

ingredients

6 eggs
1 cup greens (kale, spinach, etc.)
1/2 cup bell pepper, diced
1/2 cup cherry or grape tomatoes, halved
1/2 cup low sodium black beans. no liquid
1/2 cup corn kernels, no liquid
1/2 medium onion, finely chopped
1-2 tsp chili powder
Salt and pepper to taste
OPTIONAL TOPPINGS:
Shredded Cheese
Hot sauce

directions

Heat oil in a large skillet. Add onion and cook until softened. Add peppers, tomatoes, corn, and black beans and cook until vegetables are soft. Add the greens and cook until no liquid remains.

In a separate bowl, scramble eggs with salt and pepper (if desired), then pour into a skillet. Scramble until set and serve hot

notes

Try other vegetables like mushrooms or zucchini!

SPFC

ST. PETE FREE CLINIC

SERVE PEOPLE. FEED COMPASSION.