



GARDEN EGG AND COTTAGE CHEESE SCRAMBLE

A soft, savory breakfast with eggs, vegetables, and creamy cottage cheese.

PREP

5 minutes

COOK

8 minutes

YIELD

1 serving

INGREDIENTS

- 2 large eggs
- ¼ cup cottage cheese
- ½ cup chopped spinach
- ¼ cup diced bell pepper
- 1 teaspoon olive oil
- Black pepper and herbs to taste

INSTRUCTIONS

- 01** Whisk the eggs and cottage cheese together.
- 02** Warm the olive oil in a skillet over medium heat.
- 03** Cook the bell pepper for two minutes, then add the spinach.
- 04** Add the egg mixture and stir gently until the eggs are fully cooked.
- 05** Season with black pepper and herbs.

SIMPLE SWAP

Use mushrooms, tomatoes, or another vegetable you already have.