

Egg Scramble with Avocado



Time: 20 minutes (prep 10 minutes, cooking 10 minutes)

Serves: 1

Ingredients: 2 eggs
½ teaspoon olive oil
½ cup spinach
¼ avocado
½ medium tomato diced
1 clove of garlic, minced (optional)
1 small shallot, minced (optional)
¼ cup red bell pepper
Salt and pepper to taste
Fresh or dried basil, cilantro, parsley, or fennel to taste

Directions:

1. In a medium skillet heat the olive oil.
2. Sauté garlic and shallot until golden brown.
3. Add the red bell pepper and cook until tender.
4. Add tomato, spinach, and eggs.
5. Cook, stirring constantly until the eggs are set.
6. Transfer to a serving plate and slice ¼ avocado on top.