

Scrambled Eggs with Zucchini

This zucchini recipe brings you a flavorful dish complemented with more vegetables, fresh herbs, and dairy.

Makes: 4 servings

Ingredients

- 6 eggs
- ¼ cup milk
- 2 tablespoons oil or butter
- 2 cups zucchini, chopped
- ½ cup onion, diced
- ¼ bell pepper, diced
- 1 clove garlic, minced
- 1 tablespoon herbs, chopped (basil, chives, parsley, mint, thyme)
- ¼ cup Parmesan cheese
- ¼ cup cheese shredded?(use your favorite)



Directions

1. Stir the egg and milk together in a bowl and set aside.
2. Heat oil or butter in a saucepan on medium. Add the vegetables and sauté until softened. Add the garlic and cook until fragrant. Remove vegetables from the pan and set aside.
3. Add the egg mixture to the pan and scramble the egg until cooked thoroughly. Add the vegetable mixture back to the pan and fold together.
4. Sprinkle the herbs and cheese on top. When the cheese is melted, serve warm.

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