

Protein-Packed Veggie Scramble

This delicious and nutritious veggie scramble combines eggs with colorful vegetables and a touch of feta cheese, delivering a satisfying meal that's low in calories but high in protein. Perfect for any time of day!


15 min

Total time

Easy

Difficulty

450

kcal / serving

Ingredients

- 3 large eggs
- 1/2 cup spinach, chopped
- 1/4 cup bell pepper, diced
- 1/4 cup cherry tomatoes, halved
- 1/4 cup feta cheese, crumbled
- 1 tablespoon olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon paprika
- 1 slice whole-grain toast (optional)

Steps

- 1 In a bowl, whisk together the eggs, salt, pepper, and paprika until well combined.
- 2 Heat the olive oil in a non-stick skillet over medium heat.
- 3 Add the bell pepper and sauté for 2-3 minutes until softened.
- 4 Add the spinach and cherry tomatoes, cooking for another 2 minutes until the spinach wilts.
- 5 Pour the egg mixture into the skillet, stirring gently to combine with the vegetables.
- 6 Cook until the eggs are just set, about 3-4 minutes, then sprinkle with feta cheese.
- 7 Serve with a slice of whole-grain toast if desired.