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## Egg and vegetable scramble

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Start your day with a healthy breakfast. A balanced breakfast includes items from the main food groups.

This egg and vegetable scramble is quick and tasty. It can make four servings.

### What you need:

- 6 eggs
- ¼ cup skim milk
- ¼ teaspoon ground black pepper
- 1 teaspoon oil
- 1 ½ cups chopped mixed vegetables (onions, bell peppers, mushrooms)



This is an egg and vegetable scramble.

### What you do:

1. Beat eggs, milk and ground black pepper in a bowl.
2. Add oil to a nonstick pan and heat on medium heat.
3. Add mixed vegetables to the pan. Cook until softened and liquid is gone.
4. Lower heat. Pour egg mixture over the vegetables.
5. Cook without stirring until eggs are almost set.
6. Fold the egg and vegetable mixture with a wooden spoon for 3 – 5 minutes.
7. Remove from heat. Serve with toast (optional).

Adapted from [Canada.ca](https://www.canada.ca) • Photo: Government of Canada