

# Garden Vegetable Egg White Scramble

## Ingredients:

Really, whatever you like! Here are some suggestions however:  
the more colors the better for you.

Zucchini

Roma tomatoes

Any Bell peppers

Mushrooms

Asparagus

Sweet onion

For sure, minced garlic

Egg whites

Canola Oil cooking spray

## Directions:

**Step 1:** Chop into very small pieces whatever you want for your vegetables; set aside. Crack your egg whites into a small container. **THROW AWAY THE YOLKS.**

**Step 2:** Spray your skillet with canola oil. Heat on med-high. Add no more than ½ tsp. minced garlic. Saute' for about 2 minutes; stirring occasionally. When the garlic is "dancing around" the skillet, add your vegetables. Continue to saute for about 3 - 4 min.; or until the vegetables are tender but not mushy. If you cut the veggies really small the time may be reduced and vice versa.

**Step 3:** When your veggies are ready, reduce the heat to medium and add your egg whites. Cook until fluffy; stirring in the vegetables to combine.

**Cook's Note:** This breakfast can be made ahead of time for later consumption, so you can make more than you need for one breakfast. Up to two days worth at one time is ok.