

The 3 Minute Scramble

This is the fastest fix you'll find. When it comes to time and money sure beats driving thru the golden arches.

I always begin my scramble with a pinch of coarse ground pepper in the skillet while I get the butter out of the fridge. The few seconds of heat allows the pepper to blossom and release its flavors.



Serves 1 or multiply for an army

In a **glass lined skillet:**

pinch of pepper

1 T butter

While the butter melts beat

2 farm FRESH eggs

Add and mix well:

2 T fresh parsley snipped

1" cube pepper-jack cheese, crumbled

Pour over butter and cook 1 min, stir and fluff to desired doneness. Just like with beef, pork, chicken or fish you *never* want to overcook eggs. Remove them from the pan BEFORE you think they are done. Remember everything continues to cook for several minutes after you remove it from the heat.

Substitutes

Cheeses

Cheddar

Colby

Feta

Mozzarella

Munster

Swiss

Herbs & Spices

Cayenne

Basil

Lemon Thyme

Oregano

Sage

Thyme

Veggies

Spring onions

Bell Pepper

Tomatoes

Spinach

Swiss Chard

Mushrooms

Meats bacon, sausage, ham, steak, pork

One egg has only 75 calories but 7 grams of high-quality protein, 5 grams of fat, and 1.6 grams of saturated fat, along with iron, a long list of **vitamins**, **minerals**, and carotenoids.

The egg is a powerhouse of disease-fighting nutrients like lutein and zeaxanthin. These carotenoids may reduce the risk of age-related macular degeneration, the leading cause of blindness in older adults. And brain development and memory may be enhanced by the choline content of eggs.

I try to always have a bouquet of fresh flat leaf parsley on the kitchen window sill. It brightens up any dish.