

Scrambled Eggs with Sautéed Vegetables

This is a great way to get more veggies into your day and actually enjoy them! Eggs are a wonderful way to start the day and get the protein you need. Add a slice of Ezekial toast with healthy peanut butter and you have a very satisfying, protein-rich breakfast.

Serves: 3

Ingredients

- 5 fertile, organic eggs
- 1 splash of Rice Dream rice milk
- 1/2 cup organic shredded cheddar goat cheese (optional)
- 1 teaspoon [Herbamare organic herb seasoning salt](#) (more or less, to taste)
- 1 tablespoon organic olive oil
- 1 cup of organic vegetables (we like onions with red and yellow bell peppers)

Directions

1. In a medium size bowl, whisk together the eggs, rice milk, salt and pepper.
2. Add the shredded cheese, if desired.
3. Set the egg mixture aside.
4. Sauté the veggies in the olive oil.
5. Add the egg mixture and cook until done.

