

Egg & Veggie Flat Cakes

INGREDIENTS

- 1 Cheddar and Bacon Egg Scramble Meal Starter
- 1 Whole Egg
- 2 Tbsp. 1% Milk
- ¼ Cup Asparagus
- 2 Tbsp. Chopped Tomatoes
- ¼ Cup Spinach
- 1 Tsp. Olive Oil
- 1-2 Tsp. Minced Garlic
- Salt/ Pepper to taste

DIRECTIONS

- 1 Pour oil onto a nonstick skillet. Place skillet over medium high heat and add chopped asparagus, chopped tomatoes, spinach, and minced garlic.
- 2 Cook veggies to get to a medium-soft texture.
- 3 In a small mixing bowl, combine Egg Meal Starter, milk and 1 whole egg- whisking mixture until smooth.
- 4 Spray a nonstick skillet with nonstick cooking spray and place ½ egg mixture over medium heat.
- 5 Add ½ veggie mixture evenly to the top of the egg mixture.
- 6 Use salt/ pepper or additional seasonings as desired.
- 7 Without scrambling, let egg mixture remain on medium heat for 5-8 minutes. Carefully flip mixture and let sit for another 5-8 minutes.
- 8 Repeat steps 4-7 with the other ½ of egg and veggies mixture.
- 9 Once both are fully prepared, slide 2 egg “flattened cakes” off of the pan and onto your meal plate. Enjoy as is or add additional toppings as desired.



Super Food: Garlic is a widely known superfood, specifically for the amount of Vitamin C they contain. This powerful antioxidant assists in enhancing one's immune system, especially during flu season.



Nutrition: ~ 160 calories • 7 grams fat • 10 grams carbohydrate • 17 grams protein

39% fat, 25% cho, 43% protein