



TOMATO BASIL *Egg Scramble*

PREP
5 min

COOK
5 min

TOTAL
10 min

YIELD
2 servings

Ingredients

- 1 teaspoon extra virgin olive oil or unsalted butter
- ½ medium tomato, chopped (approx. ½ cup)
- 2 large eggs
- sea salt to taste
- 2 tablespoons fresh basil, chopped
- toast or potatoes, to serve

Directions

- 1** Add olive oil (or butter) to a pan over medium-low heat. Add chopped tomatoes and sauté for several minutes, until tomatoes start to soften.
- 2** Meanwhile, crack eggs into a small bowl, add salt and pepper, and whisk to combine.
- 3** Add egg mixture to tomatoes and cook for a few minutes until eggs are done.
- 4** Add chopped basil and stir to combine.
- 5** Serve warm with whole grain toast or roasted potatoes, if desired.