# Breakfast Scramble

Looking for a creative way to use up leftover quinoa and veggies? Throw in a few eggs, and you've got a healthy, high protein scramble for a quick breakfast, lunch, or even dinner. Don't have carrots or zucchini? Not a problem—simply toss in whatever fresh or leftover vegetables you have on hand. You'll be clearing space in the fridge, and eating healthy while you're at it.

This scramble is similar to fried rice, with quinoa's crunchy texture and nutty flavor. Kids love it first thng in the morning, in their lunch box, as an afternoon snack, or as side dish at dinnertime. Yields about four servings.

### What You Need:

- 4 tablespoons extra virgin olive oil
- 4 large eggs, beaten
- 4 small handfuls of finely chopped onions
- 4 small handfuls of shredded carrots
- 4 small handfuls of grated zucchini
- 2 cups cooked quinoa
- Gluten free Tamari or salt and pepper to taste

### What You Do:

1. Heat the olive oil in a pan over medium heat.
2. Have your child add the onions, carrots, and zucchini (and any other vegetables you're using) to the pan.
3. Saute the vegetables until the onions are translucent and soft. Add the quinoa and stir everything together.
4. Pour in the eggs and stir continuously for a minute or two. Cook until the eggs set and the quinoa is warmed through.
5. Season with Tamari—two or three swirls around the pan should be enough—and pepper. Enjoy!

Next time, try using other add-ins like edamame, green onions, and shiitake mushrooms for a fun and equally delicious variation.

*© Copyright 2006-2012 Education.com All Rights Reserved.*