



Greens and Grains Scramble

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



581 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 servings pepper black freshly ground
- ☐ 2 servings muffins english toasted for serving
- ☐ 4 large eggs beaten
- ☐ 1 tablespoon chives fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 1 tablespoon spring onion light finely chopped
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 cup the salad chopped (such as kale, Swiss chard leaves without ribs, or spinach)

- ☐ 1 tablespoon milk
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 2 servings salt
- ☐ 0.5 cup wheat berries whole cooked (wheat berries, farro, barley, or millet)

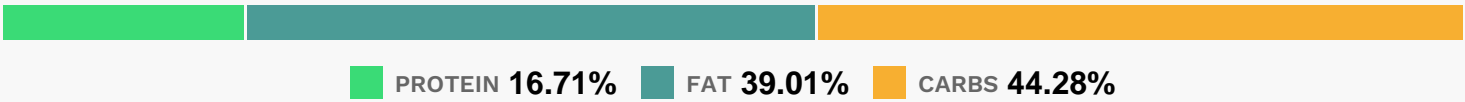
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ In a large bowl, whisk together the eggs, milk, and kosher salt; set aside.
- ☐ Heat 1 tablespoon of the olive oil in a sauté pan over medium heat.
- ☐ Add the green onion and garlic and sauté until soft, 1 to 2 minutes.
- ☐ Add the greens, grains, and remaining 1 tablespoon olive oil and sauté until the greens are wilted and the grains are warmed through, 3 to 5 minutes.
- ☐ Decrease the heat to low and pour in the egg mixture, gently stirring to comingle them with the greens and grains. Continue stirring until they're softly scrambled, 2 to 3 minutes.
- ☐ Remove from the heat, stir in the chives, and season with pepper.
- ☐ Serve hot with a sprinkling of flaky salt on top, and crusty bread, toasted English muffins, or warm corn tortillas alongside.
- ☐ Stirring in grated Parmesan cheese or a creamy chèvre is always nice. For a splurge in the late fall or early winter, I can't think of a much better way to begin the morning than cooking up a handful of chanterelles in a bit of butter and folding them into the eggs.
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Nutrition Facts



Properties

Glycemic Index:126, Glycemic Load:18.99, Inflammation Score:-5, Nutrition Score:17.071304424949%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 581.21kcal (29.06%), Fat: 25.38g (39.05%), Saturated Fat: 5.36g (33.49%), Carbohydrates: 64.83g (21.61%), Net Carbohydrates: 56.42g (20.52%), Sugar: 0.86g (0.95%), Cholesterol: 372.9mg (124.3%), Sodium: 900.34mg (39.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.46g (48.91%), Selenium: 31.39µg (44.84%), Vitamin B2: 0.57mg (33.69%), Fiber: 8.41g (33.63%), Phosphorus: 295.91mg (29.59%), Iron: 4.19mg (23.31%), Vitamin E: 3.09mg (20.62%), Folate: 79.09µg (19.77%), Vitamin B5: 1.87mg (18.66%), Vitamin A: 875.37IU (17.51%), Vitamin K: 18.37µg (17.5%), Manganese: 0.34mg (16.79%), Vitamin B12: 0.95µg (15.89%), Vitamin D: 2.08µg (13.88%), Calcium: 129.54mg (12.95%), Vitamin B6: 0.26mg (12.82%), Zinc: 1.82mg (12.13%), Vitamin B1: 0.16mg (10.82%), Vitamin C: 7.07mg (8.57%), Copper: 0.17mg (8.56%), Potassium: 284.64mg (8.13%), Magnesium: 29.23mg (7.31%), Vitamin B3: 1.13mg (5.67%)