

Breakfast

Quick Ham and Egg Scramble

**Gluten-Free*

This simple recipe makes for a fabulously easy Saturday breakfast that takes 2 minutes to throw together.

You'll Need

- 2 tablespoons unsalted butter
- ¼ cup fully-cooked ham, diced
- ¼ cup sweet red bell pepper, diced
- Salt and pepper
- 4 large eggs, beaten

Directions

- In a large frying pan, sauté the meat and vegetables in the butter over medium heat until just barely done, as they'll cook a bit more along with the eggs.
- Salt and pepper to taste.
- Add the beaten eggs, keeping the flame on medium, and thoroughly mix the ham and vegetables through the eggs as they cook.



Play With Your Food

- Clear out your fridge. Everything works in this – onions, spinach, bacon (of course), potatoes, mushrooms, tomatoes (sun-dried tomatoes are fantastic), or smoked salmon. Sprinkle in some Parmesan or goat cheese to hold it all together.
- Add 1 teaspoon of cream to your beaten eggs – it's wonderful.
- Leave out the meat and make it vegetarian

Medwell Kitchen Tested