



SPRINGTIME BREAKFAST SCRAMBLE

Vata↓, Pitta↓, Kapha↓

Serves: 2

Prep Time: 15 minutes

Cook Time: 30 minutes

INGREDIENTS

- 2 cups water
- 1 cup quinoa
- 1 teaspoon turmeric, divided
- 1/2 teaspoons salt, divided
- 6 teaspoons ghee, divided
- 1/2 teaspoon cumin seed
- 1/4 teaspoon brown mustard seed
- 1/8 teaspoon freshly ground black pepper
- 1 zucchini, chopped
- 1 yellow squash, chopped
- 1/2 red pepper, chopped
- 6 to 8 asparagus spears, chopped
- 2 cups chopped kale, loosely packed
- 2 whole eggs
- 6 egg whites

DIRECTIONS

Cooking the quinoa:

1. Bring 1 cup of water to a boil in a small sauce pan.
2. Once boiling, turn the heat to low and add the quinoa, 1/2 teaspoon of turmeric, 1/4 tsp of salt, and 2 teaspoons of ghee.
3. Cover the pot, leaving a slight crack to avoid overflow.
4. Cook on low, for 15 minutes or until the quinoa reaches the desired softness.
5. Once the quinoa is finished, cover and set aside until remainder of the sauté is complete.

Preparing the scramble:

1. Place a large sauté pan on medium heat and add in 2 teaspoons of ghee. Once hot, add in the cumin seeds, brown mustard seeds, and freshly ground black pepper. Sauté these spices for 2 minutes, stirring frequently. Add in 1/2 teaspoon of turmeric and sauté for an additional 30 seconds.
2. Add in the chopped zucchini, yellow squash, red pepper, asparagus, and kale. Stir well making sure to coat all of the veggies evenly with the ghee and spices.

3. Sauté over medium heat stirring frequently for about 5 minutes uncovered.
4. Cover the sauté pan and cook for an additional 2 minutes or until the veggies are cooked to your preference. If you prefer a more steamed type of cooking, add in 1 to 2 tablespoons of water before covering (recommended for Vata types).
5. Once the veggies are cooked, place them aside in a bowl.
6. Place the empty sauté pan back onto the burner over medium heat and add in 2 teaspoons of ghee.
7. Whisk 2 whole eggs and 6 egg whites in a separate bowl for 1 to 2 minutes and then pour the mixture into the hot pan.
8. Cook over a medium heat, whisking with a fork frequently for about 2 minutes or until the eggs are fully cooked. They should be not too dry, but not runny.
9. Turn off the heat but keep the pan on the hot burner. Add in the sautéed veggies and the cooked quinoa and blend everything together evenly.
10. Serve in individual bowls. Add in any extra salt, pepper, and ghee as desired.
11. Eat, share, nourish, and enjoy!