

Tatsoi and Bell Pepper Scramble



I try to eat at least one large serving of leafy greens each day and more servings are better. In addition to salads, I eat lots of other greens like collards and mustard but they take me at least an hour to cook down. Tatsoi is an Asian green that can grow in the heat when my spinach struggles. It cooks down nicely in no time like spinach and has a good flavor. Although many people use Tatsoi in stir fries, I like to eat it for breakfast in my scrambled eggs with some type of protein. I feel like Popeye after eating this ready to take on my garden work!

Ingredients

- 2 ½ oz of Tatsoi (half of one of my 5 oz bags)
- 1 bell pepper
- Ham, breakfast sausage or other protein
- 3 – 4 eggs
- 1/3 cup of milk
- Grated cheese
- Salt and pepper to taste

- 1) Chop a rinsed bell pepper after removing the seeds and ribs. Also, chop the ham.



- 2) Put the ham and the peppers in a pan and cook on medium heat. I don't add any olive oil but you could if you have issues with sticking. I let the peppers cook down for a few minutes. With lean ham, I adding a bit a water as needed to moisten the pan (usually not need with breakfast sausage).



- 3) I rinse about half of a 5 oz bag of tatsoi. I cut off and compost any larger stems that extend past the leaves but don't worry about trying to remove any stems within the leaves themselves. I chop coarsely. Note that since I use a lot of tatsoi, I can't really flip the eggs into an omelette and just scramble the eggs into the pan. Use a quarter of a 5 oz bag if you want an omelette.



- 4) Add the tatsoi to the pan and continue cooking until the greens are wilted and reduced. Stir with a spatula as you cook. I like my peppers with texture but you could cook longer to soften the peppers. It usually only needs to cook for a few minutes before you are ready to add the scrambled eggs.



- 5) I crack 3 – 4 eggs in a bowl and add about 1/3 cup of milk along with salt and pepper. I whip the eggs well with a fork in the bowl before pouring over the mixture in the pan.
- 6) Lower the heat to medium low and stir as needed to cook the eggs evenly.
- 7) When eggs are cooked, serve them on a plate and add shredded cheese while hot to allow it melt down.
- 8) If I have tomatoes around, I will slice them and add to the plate with a bit of salt as they go great with eggs.

