

# Blue Potato and Dandelion Green Scramble

PREP TIME: 5 TO 10 MINUTES

COOK TIME: 20-TO 25 MINUTES

MAKES: 2 TO 3 CUPS

SERVING SIZE: 1 CUP

## INGREDIENTS

- 1 medium blue potato, peeled and diced
- 1 cup button mushrooms, sliced
- ½ cup dandelion greens, chopped
- 2 eggs
- 1 tablespoon olive oil
- 1 teaspoon black pepper
- 1 teaspoon sage
- 1 teaspoon oregano

## DIRECTIONS

1. Wash and peel the potato, and dice it into small cubes.
2. Wash and slice mushrooms.
3. Heat skillet over medium-high heat, add olive oil and cubed potatoes. Stir frequently, and cook for 10 minutes.
4. Add sliced mushrooms, and cook for 5-7 minutes.
5. Into a bowl, crack both eggs and whisk. Pour eggs into skillet, and cook for 5-8 minutes. Stir occasionally.
6. Add in chopped dandelion greens and stir.
7. Add in seasonings and stir.
8. Serve warm.

## TIPS

- Any color or type of potato can be used.
- Add milk or plant-based milk to the egg mix for an extra fluffy texture.
- Add or substitute your favorite vegetables.
- Pair the scramble with fruit and whole-grain toast for a balanced meal.

## NUTRITION FACTS

230 Calories // 9.5g Fat // 1.8g Saturated Fat  
8g Protein // 21g Carbohydrates // 3g Fiber  
// 62mg Sodium

Recipe adapted from: [www.skinnytaste.com/mushroom-spinach-scrambled-eggs/](https://www.skinnytaste.com/mushroom-spinach-scrambled-eggs/)  
Nutrition Facts: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/747997/nutrients> and  
<https://fdc.nal.usda.gov/fdc-app.html#/food-details/1549685/nutrientsotato-soup-260>  
Image from: <https://www.skinnytaste.com/mushroom-spinach-scrambled-eggs/>

