

## BLISTERED TOMATO AND SPINACH SCRAMBLE

We sear the tomatoes in a hot skillet to concentrate their flavor before stirring them up with other offerings from the garden. You can make this scramble with eggs or a combination of whole eggs and whites if you want to reduce calories and saturated fat. Nutritional yeast, available at natural food stores, adds a Parmesan cheese-like finish to this satisfying breakfast or brunch dish.



Makes 4 to 6 servings

### Ingredients

4 teaspoons extra-virgin olive oil  
1 pint grape tomatoes (about 2 cups)  
1 garlic clove, minced  
6 lightly packed spinach leaves  
1/2 cups chopped scallions  
1 tablespoon chopped fresh thyme  
Pinch of crushed red pepper flakes  
Salt and freshly ground black pepper  
6 large eggs (or 3 large eggs plus 4 egg whites), beaten to blend  
Nutritional yeast, for sprinkling (optional)

Heat 2 tablespoons of the oil in a large, heavy, well-seasoned skillet over medium-high heat. Add the tomatoes and the garlic and cook, shifting the pan occasionally, until the tomatoes are lightly browned and blistered on all sides, about 4 minutes. Transfer the tomatoes to a bowl.

Add the remaining 2 tablespoons oil to the same skillet (do not wash) and return to medium-high heat. Add the spinach, scallions, thyme, and red pepper flakes to the skillet and sauté until the spinach is tender, about 5 minutes. Distribute the spinach evenly over the surface of the skillet. Scatter the blistered tomatoes over the spinach and sprinkle with salt and black pepper to taste. Pour the eggs over the vegetables in the skillet and turn off the heat. Immediately stir the egg mixture with a heat-proof spatula until the eggs are gently scrambled, about 1 minute. Serve the scramble hot and sprinkle with nutritional yeast, if desired.

**Each serving 103 calories (kcal) . 6 g fat . 93 mg cholesterol  
93 g carbohydrates . 2 g dietary fiber . 7 g protein . 114 mg sodium  
1,361 IU vitamin A . 19 mg vitamin C . 43 mg calcium . 2 mg iron**