**Yucatan scramble**

Ingredients

* ½ to 1 cup chopped onion
* ½ to 1 cup chopped bell pepper (colors of your choice)
* and/ or chopped poblano or Hatch chilies
* thin sliced greens (spinach, Swiss chard or collards)
* Eggs (6-10)
* ½ - ¾ cup water
* ½ lb Chorizo sausage (confirm sugar free)
* Avocado slices – as much as you want
* 1-2 spoons tomato salsa (confirm sugar free)
* 1-2 spoons black beans (if phase appropriate)
* Salt and pepper to taste

Instructions:

1. This is easiest to cook in a large quantity and have as pre-made breakfasts for several days
2. Brown the chorizo (I like to use loose chorizo as opposed to the kind in the casings) – remove from skillet to make room for veggies
3. Sauté the veggies
	1. adding onion first – start to brown
	2. then add garlic- saute 30sec till fragrant
	3. add peppers – cook till soft
	4. add greens last and allow to wilt
4. Stir Chorizo back in
5. Beat however many eggs you want to add, stir in water, salt and pepper
6. Pour into the hot skillet over the veggies and chorizo
7. Cook till eggs are cooked through
	1. may let it sit and create a frittata
	2. or can scramble it by stirring
8. Divide into containers
9. Right before serving (after re-heating) add salsa, avocado and a spoon of black beans (if phase appropriate)