



Courtesy of Zuzka Light

## **Thai Scramble**

### Ingredients

Grapeseed oil 1/2 tbsp  
Fresh ginger, minced 1 tsp  
Garlic, minced 1 small clove  
Scallions, sliced 1 tbsp  
Eggs, whisked together in a small bowl 3 large  
Salt and freshly ground pepper to taste  
Chili powder 1 tsp  
Fresh cilantro, chopped 1 tbsp

### Instructions

1. Coat a medium skillet with the grapeseed oil (any oil or cooking spray will work) and heat over medium-high heat. Add the ginger, garlic, and scallions. Sauté for 30 seconds, and then add the eggs.
2. Cook the eggs, stirring frequently with a spatula and removing the skillet from the heat as necessary to prevent sticking, until the eggs are cooked through. Season with salt, pepper, chili, and cilantro.

### Nutrition Facts

Serving size: 1 scramble  
Recipe yields 1 serving  
Calories 385  
Fat 22 g  
Carbs 18 g  
Protein 28 g