

## Quick Spicy Scramble

By Max Fischer, Junior, Nutrition Education Intern, Food Systems Nutrition and Health Major,  
School of Public Health



Image Source: [my quiet kitchen](https://myquietkitchen.com)

*The image isn't an exact reflection of the recipe as it is an original.*

### Ingredients:

- 4 Large Eggs (use egg replacement if needed like JUST egg)
- 2 Diced Serano Peppers (remove seeds and white embryo inside of pepper to reduce spice)
- 1 Handful of Chopped Cherry Tomatoes
- 1 Chopped Scallion
- 1 Tablespoon Unsalted Butter

- Salt and Other Desired Seasoning

**Steps:**

1. Melt the butter in a medium pan over medium heat. While this is occurring, in a mixing bowl crack the four eggs and mix thoroughly.
2. Place the serrano peppers, tomatoes, and scallion in the pan over medium heat until slightly softened. Then add the egg to the pan, increasing the heat to high.
3. Make sure to constantly scrape the base of the pan as soon as you see it setting, otherwise, there is a risk of it drying out. Repeat this step until all egg in the pan is fully cooked.

This was a completely original recipe by Max Fischer.