

Breakfast - Paleo

Apple and Onion Scrambled Eggs



SERVES: 4 PREP: 10 min. COOK: 6 min

Ingredients

8 eggs, beaten

1/2 red onion, chopped

1 celery rib, chopped

1 granny smith apple, chopped

Fresh chives, minced

Cooking fat

Sea salt and freshly ground black pepper

Preparation

1. Melt some cooking fat in a skillet over medium heat.
2. Add red onion and celery to the skillet and cook 2 to 3 minutes, stirring constantly.
3. Add the apple and continue cooking for another minute or two.
4. Pour the beaten eggs over the apple mixture in the skillet.

5. Stir slowly with a wooden spoon or a spatula until the eggs are slightly underdone.
6. Remove from heat, season to taste with salt and pepper, and rest 1 to 2 minutes in the skillet.
7. Serve topped with fresh chives.