

Watercress with Garlic and Scrambled Eggs

Adapted from: [Whole Living, July/August 2011](#)

Makes 1 serving

This is a great quick and easy, nutrient dense breakfast! Pair it with some fruit for a complete meal.

Ingredients

- 1 teaspoon extra-virgin olive oil
- 1-2 cloves garlic, minced
- 1 cup watercress, bigger stems removed
- 2 large eggs
- Coarse salt and freshly ground black pepper

Directions

1. Heat oil in a small skillet over medium heat. Add garlic and cook until fragrant, about 1 minute. Add watercress and cook, stirring, until just wilted. Remove from pan and set aside. Lower heat to medium-low.
2. Whisk eggs and season with salt and pepper. Pour eggs into pan and cook, stirring, until just set. Return watercress to pan and stir. Serve immediately.

Nutrition per serving: 190 calories, 14g fat, 3.5g saturated, 430mg cholesterol, 140mg sodium, 3g carbohydrate, 1 g fiber, 13g protein

