



Mediterranean Scramble

The idea of breakfast is synonymous with hustle and bustle. Mornings at home can be chaos. Between juggling morning meetings and wrangling my children for school, breakfast can become a matter of convenience – a hastily consumed protein bar rather than a moment to nourish and savor.

With this quick and nourishing Mediterranean scramble, you can turn your mornings into something we look forward to, rather than just another task on our to-do list. Are you ready to change your relationship with breakfast for the better?



Serving
1



Cook
10 Minutes



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- 1 tbsp Extra virgin olive oil
- 1 cup Baby spinach
- 2 Eggs
- 1 tbsp Sun dried tomatoes (chopped)
- 2 slices Whole grain bread (toasted)

1. Heat a skillet over medium heat and add the oil. Add the spinach and cook for 1 minute. Then add the eggs and sun dried tomatoes. Stir to mix and cook for another 1 to 2 minutes or until eggs are cooked through.
2. Divide mixture between plates. Serve with toast. Enjoy!

DIETITIAN'S MESSAGE

Incorporating cooked spinach into your eggs is an excellent way to kick-start your day with a healthy dose of vegetables and key nutrients.

Spinach is rich in a variety of brain-boosting nutrients including antioxidants, such as vitamin E and C, as well as folate and vitamin K. Vitamin E and C are known for their role in reducing oxidative stress and protecting the brain against damage. Folate is essential for mental and emotional health, while Vitamin K is associated with the support of brain health, including cognitive function.

Variation

Spice it up with herbs and spices of your choice. My favourite is 1 tsp oregano and 2 tsp of basil combination.



Scan the QR code to view and download the **The Brain Health Food Guide** – an eating tool that includes a variety of healthy foods that supply your brain with the nutrients it needs to function best and will help lower the risk of dementia.

CCNA
Canadian Consortium
on Neurodegeneration
in Aging



CCNV
Consortium canadien en
neurodégénérescence
associée au vieillissement