
Mediterranean Veggie Feta Scramble

A protein-rich, low-GI breakfast featuring fluffy eggs, fresh vegetables, and tangy feta—perfect for stable blood sugar levels throughout your morning.

Prep: 5 min

Cook: 5 min

Total: 10 min

Servings: 1

GL 1.9 / GI 26

Ingredients

GI: 0 - Excellent protein source that stabilizes blood sugar large eggs, lightly whisked

GI: 15 - Low glycemic, high in lycopene and fiber small tomato, chopped

GI: <15 - Nutrient-dense leafy green with minimal carbs baby spinach, finely chopped

Adds healthy fats and protein to slow glucose absorption feta cheese, crumbled

Heart-healthy monounsaturated fats with zero glycemic impact extra virgin olive oil

To taste - no glycemic impact salt and black pepper

GI: 45-50 - Choose brands with 5-8g net carbs per slice low-carb bread slice

Instructions

Step 1

Crack the eggs into a small bowl and whisk lightly with a fork until the yolks and whites are just combined. Season with a pinch of salt and freshly ground black pepper.

Step 2

Wash and finely chop the baby spinach leaves. Dice the tomato into small, bite-sized pieces, removing excess seeds if desired to prevent excess moisture.

Step 3

Place the low-carb bread slice in the toaster and set it to your preferred darkness level. Start toasting now so it's ready when your scramble is complete.

Step 4

Heat the olive oil in a non-stick frying pan over medium heat. Once the oil shimmers, add the chopped tomatoes and sauté for 2 minutes, stirring occasionally, until they begin to soften and release their juices.

Step 5

Add the chopped spinach to the pan and stir for 30 seconds until it wilts and reduces in volume. The residual heat will cook it perfectly without overcooking.

Step 6

Pour the whisked eggs over the vegetables, reducing the heat to medium-low. Let the eggs sit undisturbed for 20 seconds, then gently fold and stir with a spatula, creating soft curds. Continue cooking for 2-3 minutes until the eggs are softly set but still slightly creamy.

Step 7

Remove the pan from heat immediately to prevent overcooking. Crumble the feta cheese over the top of the scramble and let it soften slightly from the residual heat. Transfer to a plate alongside your toasted low-carb bread and serve immediately for best texture and blood sugar benefits.