Healthy Cooking – Session 4  
August 9, 2020

Scrambled eggs mixed with smoked salmon, cherry tomatoes, broccoli and served with roasted sweet potato rounds
Recipe by Alicia Lusardi of Gym Kelly Fitness

Ingredients (serving size of 4):

8 ounces of smoked salmon
8 large eggs
A splash of 1% milk, skim milk or plant-based milk
1/2 of a container of Cherubs® cherry tomatoes
4 heads of broccoli
1/2 to 1 whole lemon
A drizzle of olive oil
3 to 4 medium sweet potatoes
Garlic powder
Onion powder
Pam® olive oil cooking spray