**Southwest Scramble**

8 eggs

2 mild chicken sausages (or pork or sausage of choice)

1/2 teaspoon oregano

1/2 teaspoon paprika

1 zucchini, diced

1/2 red cap, finely diced

1/2 orange cap, finely diced

1 plum tomato, chopped

salt and pepper to taste

[](http://www.multiplydelicious.com/thefood/2012/01/southwest-scramble/scramble_top/)

**Instructions:**

In a medium bowl, whisk eggs, oregano, and paprika.  Set aside.

In a large skillet or seasoned cast iron skillet, heat 1 teaspoon olive oil (or coconut).  Add sausage, zucchini, bell peppers, and tomato and saute, stirring constantly, until sausage is cooked through and vegetables are tender.  Drizzle egg mixture over top and stir constantly until eggs are cooked, about 3 to 5 minutes.  Season with salt and pepper to taste.

Serve warm with a side of fresh berries and your morning cup of coffee or tea.  For even a added touch have some salsa and guacamole on the side.  Enjoy!

Makes 4 to 5 servings.