

Egg Scramble

4 Servings • 1 Serving = ¼ Cup



INGREDIENTS

- 1 Tablespoon olive oil
- ½ red or green bell pepper, finely chopped
- ¼ red onion, finely chopped
- Optional ingredients: 1 jalapeño (seeded and finely chopped), ¼ cup mushrooms (finely chopped), ¼ cup broccoli (finely chopped), ¼ cup asparagus spears (finely chopped)
- ¼ cup parsley or cilantro, finely chopped
- Salt and freshly ground black pepper, to taste
- 4 large eggs, beaten
- 2 egg whites, beaten

DIRECTIONS

1. Preheat the oven to 375°F. Line a baking sheet with parchment paper or a non-stick silicone liner. Set aside.
2. Heat a large skillet over medium heat. Add the oil, bell pepper, and onion. Add jalapeño, mushrooms, broccoli, and asparagus. Let sizzle and brown slightly, and then stir to heat through.
3. Add the parsley or cilantro and cook until just starting to wilt. Season with salt and pepper. Add the eggs, let them set around the edges, then start folding back and forth. Scramble until no longer runny.
4. Turn the heat off. Divide the eggs into four portions.

Nutrition Facts

4 servings per container
Serving size 1/2 cup eggs

Amount per serving
Calories 120

% Daily Value*

Total Fat 8g 10%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 185mg 62%

Sodium 170mg 7%

Total Carbohydrate 2g 1%

Dietary Fiber 0g 0%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 8g

Vitamin D 1mcg 6%

Calcium 33mg 2%

Iron 1mg 6%

Potassium 143mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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