



Southwestern Scramble

Eggs in the morning are the way to go! Some like hardboiled. Some like scrambled. Others like quiche! Personally, I like all kinds of eggs and enjoy mixing it up. This southwestern inspired egg scramble reminds me of a TexMex breakfast. It is a perfect combo of spicy and savory! Since it has very few carbs, be sure to have some oats or whole wheat toast on the side.

Ingredients:

3 large	Eggs, whole
2 large	Egg whites
¼ tsp	Cumin
¼ tsp	Paprika
To taste	Salt and pepper
½ whole	Orange red pepper, chopped
½ whole	Red bell pepper, chopped
¼ cup	Cilantro, fresh
¼ cup	Salsa

****Feel free to use frozen, pre-chopped bell peppers.**

Directions:

1. In a medium bowl, whisk together eggs, cumin, paprika, salt and pepper until egg mixture is foamy. Set aside.
2. On medium-high heat, sauté bell peppers until soft and fragrant, about 4 minutes. Add green onions and continue cooking another minute.
3. Add in egg mixture and stir until eggs are cooked, about 3 to 5 minutes. Then mix in cilantro.
4. Top with salsa and serve, enjoy!

Nutrition Facts:

Servings: 2 servings

Serving size: ½ recipe

Calories: 219

FAT: 15 g

CHO: 12.3 g

PRO: 24.9 g