

Anytime Vegetable Scramble

Eggs aren't just for breakfast. Stirring in some vegetables can turn your eggs into an easy dinner meal. You can experiment with the veggies, switching out the mushrooms with bell pepper and spinach for the arugula. Be sure to sauté the veggies before adding the eggs to cook out some of the water in the vegetables.

Serves: 4

Serving size: 1 cup

4 whole eggs
6 egg whites
2 tbsp 1% milk
2 tsp olive oil
1 small zucchini, diced
4 medium mushrooms, diced
1 medium tomato, seeded and diced
1 chopped arugula leaves
3 tbsp fresh grated Parmesan cheese



Directions:

1. In a bowl whisk together whole eggs, egg whites, and milk until frothy.
2. In a large nonstick skillet, warm the oil over medium heat. Add the zucchini and mushrooms and cook until tender, about 2 minutes.
3. Add the tomato and arugula and cook until arugula wilts.
4. Add eggs and continue stirring until eggs are set, about 2 to 3 minutes.
5. Sprinkle with Parmesan cheese.

Per serving: 160 calories, 15g protein, 9g fat (3g saturated), 190mg cholesterol, 4g carbohydrate, 1g fiber, 3g sugar, 260mg sodium

% Daily Value: Vitamin A 15%, Vitamin C 15%, Calcium 15%, Iron 6%

