

Herbed Potato-Egg Scramble • Serves 4

- 1½ cups fat-free egg substitute
- 1 medium red potato, cut into ½-inch pieces
- ¼ cup yellow bell pepper, diced
- ¼ cup red bell pepper, diced
- ¼ cup mushrooms, sliced
- ½ yellow onion
- 2 Tbsp. Parmesan cheese, shredded
- 1 tsp. fresh basil leaves, chopped
- 2 tsp. canola oil
- ⅛ tsp. salt
- 3 Tbsp. water

Heat canola oil in a 12-inch, nonstick skillet over medium-high heat. Add potato, peppers, onion and mushrooms, and sprinkle with salt. Cook 1 to 2 minutes, stirring frequently. Add water, cover and reduce heat to low. Cook 5 to 7 minutes, stirring occasionally, until potato is tender.

In a medium bowl, whisk together egg substitute and basil leaves until well-blended. Pour egg mixture into skillet, and cook 3 to 5 minutes over medium-low heat, stirring frequently, until eggs are set but still moist.

Sprinkle with Parmesan cheese.



NUTRITION PER SERVING:

Calories: 120; Calories from Fat: 30; Total Fat: 3g;
Saturated Fat: 0.5g; Cholesterol: 0mg; Protein: 10g;
Total Carbs: 13g; Fiber: 2g; Sugar: 2g; Sodium: 260mg