

Vegetable Scramble



Ingredients:

- 8 eggs, lightly scrambled
- 1 small bell pepper, red or green
- 1/4 white or yellow onion
- 1/2 t pepper
- 1/4 t salt
- 2 oz reduced-fat cheese, shredded
- Cooking spray

Directions:

1. Chop onion and bell pepper. Cook in large skillet with cooking spray, over medium-high heat. Cook about 5 minutes or until vegetables are tender.
2. Whisk together eggs, salt, and pepper. Add mixture to skillet with vegetables, and cook, without stirring, until eggs begin to set on the bottom of the skillet.
3. Draw an inverted spatula across bottom of skillet to form large curds.
4. Sprinkle with cheese. Continue lifting and folding eggs, cooking until eggs are thickened but still moist. No visible liquid egg should remain. Remove from heat. Serve immediately.

Makes 4 servings.



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