

## Cheesy Tomato Basil Scrambled Eggs



### Ingredients:

- 6 large eggs
- 2 tablespoons water
- 1 tablespoon olive or canola oil
- 1/4 cup sweet onion, chopped
- 1 tomato, diced
- 2 tablespoons fresh basil, chopped (or 2 teaspoons dried basil)
- Salt and pepper, to taste
- 1/4 cup low-fat cheddar cheese, shredded

### Directions:

1. In a bowl, whisk together eggs and water.
2. Warm the oil in a large frying pan over medium heat.
3. Add the onion and cook about 5 minutes, stirring often.
4. Increase the heat to high and add the tomatoes, basil, salt, and pepper, if using.
5. Cook until the tomato is heated and the juice has evaporated, about 1 minute.
6. Add the eggs, reduce the heat to medium, and cook without stirring 1 minute.
7. Using a rubber spatula, stir the eggs gently. Cook about 3 minutes.
8. Sprinkle the eggs with cheese and cook 1 more minute.

Makes 4 servings.



**Tarrant County Public Health**  
<http://health.tarrantcounty.com>