**Herb Egg Scramble  
Serves 4**

**Ingredients:**

* 6 eggs
* 2 egg whites
* 2 tablespoons skim milk
* ¼ c. chopped tomato
* ¼ c. chopped bell pepper
* ¼ c. chopped onion
* ¼ c. lowfat cheddar cheese (optional)
* 1/4 teaspoon salt
* Pinch white or black pepper
* 1 teaspoons chopped fresh tarragon, parsley or chives, or a combination
* 1 TB. olive oil

**Directions:**

Whisk eggs, milk, salt, pepper and herbs in a bowl. Add oil to a medium nonstick skillet over medium heat. Sauté tomatoes, peppers and onions until they begin to soften. Pour in the eggs. Cook 1 minute without stirring. Sprinkle eggs with cheese (optional). With a wooden spoon or heat-resistant rubber spatula, gently turn the eggs from bottom to top, scraping around all edges. Eggs should not brown. When eggs form soft and creamy small curds, turn onto plates and serve immediately.

**Serves 4**

**Nutrition Facts**

Amount Per Serving ***without cheese***

Calories 141, Calories from Fat 90, Total Fat 10.0g, Saturated Fat 2.5g, Cholesterol 279mg, Sodium 271mg, Total Carbohydrates 2.4g, Sugars 1.8g ,Protein 10.6g

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| Vitamin A 12% | • | Vitamin C 15% |
| Calcium 5% | • | Iron 7% |
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**Nutrition Facts**

Amount Per Serving ***with cheese***

Calories 153, Calories from Fat 94, Total Fat 10.5g, Saturated Fat 2.8g, Cholesterol 280mg, Sodium 310mg, Total Carbohydrates 3.6, Sugars 1.8g ,Protein 11.8g

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| --- | --- | --- |
| Vitamin A 12% | • | Vitamin C 15% |
| Calcium 8% | • | Iron 7% |