



Sunrise Scramble

INGREDIENTS:

- 2 potatoes, unpeeled
- 4 large eggs
- 2 tablespoons low-fat milk
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 small zucchini, unpeeled, chopped
- 1 tomato, chopped
- 1 cup fresh baby spinach leaves
- ¼ cup low-fat cheddar cheese, grated
- Cooking spray

DIRECTIONS:

- Wash all dirt from potatoes and prick with a fork a few times. Microwave on high until soft (8-12 minutes). When potatoes are cool, cut in small pieces.
- 2. In a medium bowl, whisk together eggs, milk, salt and pepper.
- Spray large frying pan with cooking spray and place over medium heat. Cook zucchini until tender. Add tomato and cooked potatoes. Stir to combine.
- Reduce heat and add egg mixture. Move eggs around the pan until set, about 5-8 minutes.
- Add spinach and cheese, stirring gently until spinach is wilted.
- 6. Transfer scramble to a platter and serve immediately.

Source: Cooking with Extension / 210 Calories per 1 ¼ cup serving. Total fat 5g; Protein 11g; Total carbohydrate 30g; Dietary fiber 3g, Sodium 420mg.



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