



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:

1. 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.
3. Spray large frying pan with cooking spray and place over medium heat. Cook zucchini until tender. Add tomato and cooked potatoes. Stir to combine.
4. Reduce heat and add egg mixture. Move eggs around the pan until set, about 5-8 minutes.
5. 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.