

Southwest Scramble

Recipe Adapted from: [Martha Stewart Living](#)

Serves 1

Ingredients

2 eggs
2 Tbsp milk
 $\frac{1}{4}$ tsp cayenne pepper
 $\frac{1}{8}$ tsp salt
Pepper, to taste
2 Tbsp chopped bell peppers (any color)



Directions

1. In a microwave-safe ramekin, cup, mug or bowl, beat eggs with milk, cayenne pepper, salt and pepper.
2. Stir in chopped bell peppers.
3. Microwave, uncovered, for 45 seconds. Stir with a fork.
4. Continue cooking until eggs are almost set, about 45 seconds more.

Serving Suggestion: For a more complete meal, serve with $\frac{1}{2}$ cup fresh fruit and 1-2 slices of whole wheat toast.

Note: If you're watching your fat and cholesterol intake, substitute egg whites or egg substitute for the whole eggs (1 large egg= 2 large egg whites = $\frac{1}{4}$ cup egg substitute).



Nutrition Information per Serving: Calories: 160, Total Fat: 10gm, Saturated Fat: 3gm, Trans Fat: 0gm, Cholesterol: 375 mg, Carbs: 3gm, Fiber: 0gm, Protein: 14 gm, Sodium: 450 mg