

Veggie Scramble for One

Courtesy of Carole's Creations

Prep Time: 5 minutes

Cooking Time: 8 - 10 minutes

Serves: 1

CChints: For those who are watching your cholesterol, you can substitute 1/4 cup liquid egg substitute. If you are making this for more than 1 person, double or triple the ingredients and use a larger skillet. This is a light and healthy way to start the day. You only need a small part of the red bell pepper. Chop all of it and freeze what you don't need for this recipe in a re-sealable bag.



1/2 teaspoon olive oil

1/4 cup asparagus, thinly sliced

2 tablespoons red bell pepper, diced

1 slice Canadian bacon, cut into small bite size pieces

1 egg white

1 whole egg

1 tablespoon shredded reduce fat cheddar cheese, optional

Salt and pepper to taste

Optional: serve with Salsa on the side

Wheat toast

Heat the oil in a small nonstick skillet over medium heat. Since you are using a nonstick skillet you need to use a silicone spatula that will not damage the pan. Add the vegetables and bacon to the pan. Cover and cook 3-5 minutes, stirring occasionally. Uncover and blend in the eggs and cheese. Stir and scrape the bottom of the skillet often until eggs are done, about 5 minutes. Serve with wheat toast. Enjoy!

There are several vegetable combinations you can try in place of the asparagus.

1 T onions, chopped and 2 T celery, chopped

or 2 tablespoons chopped mushrooms and 1/8 cup chopped fresh spinach. The spinach will wilt very quickly and should be added to the skillet at the same time you add the eggs.

Save Time: Prep for several days by chopping up everything and storing each portion in their own airtight container until the morning you need it. You will save the 5 minutes of prep time each morning. Just take a container out of the refrigerator and start cooking.