

Southwestern Scramble (December recipe)

½ cup green and red bell pepper, diced
¼ cup mushrooms, sliced
1 whole egg, plus 3 egg whites
2 Tbsp. cheddar cheese, shredded
½ cup salsa

Spray a heavy skillet with cooking spray. Place over medium heat and cook vegetables until tender; remove vegetables and keep warm. Combine whole egg and egg whites. Pour into skillet and scramble over medium heat until set. Divide into 2 equal servings and spoon eggs onto plates. Top with cooled vegetables and sprinkle with cheese. Serve with salsa. Yield: 2 servings

Nutritional Facts:

Calories	120
Fat	6 gms
Saturated fat	2 gms
Cholesterol	144 mg
Fiber	1 gm
Sodium	380 mg