

VEGGIE DELIGHT SCRAMBLE



INGREDIENTS:

- 1 small zucchini
- 1/4 bell pepper
- 1/2 cup asparagus
- 1/2 cup egg whites
- 1 whole egg
- 1 tbsp nonfat sour cream or Greek yogurt
- Salt to taste
- Optional: dill

DIRECTIONS:

1. Cut all veggies and set aside
 2. Heat a medium pan on medium-high heat and spray with cooking oil
 3. Once hot add the zucchini, cook until it begins to brown. Add the asparagus and cook for ~3 minutes or until they begin to brighten in color.
 4. Add the egg whites (option to also mix in the whole egg here instead of having it on the side). Cook until eggs are cooked.
 5. Place the veggie egg mixture on a plate. Top with raw bell pepper, Greek yogurt, and whole egg.
 6. Salt to taste and garnish with dill.
- Enjoy!

Makes 1 Serving

Calories: 190 | Protein: 23 g | Carb: 11 g | Fat: 6 g | Fiber: 3 g