



Basil & Tomato Scrambled Eggs

Ingredients

- 1 3/4 cups (14 ounces) Egg Substitute e.g. Better'n Eggs® plus
- 1 cup of chopped large tomato or cherry tomatoes sliced in half (for best results, seed tomatoes to minimize moisture)
- 1 tablespoon finely chopped basil

Instructions

- 1 • Spray 10-inch nonstick skillet with cooking spray
- 2 • Add egg substitute
- 3 • Cook 3 to 4 minutes over medium heat, stirring occasionally, until eggs are set but still moist
- 4 • Top with tomatoes, basil and garlic salt

Notes

Calories: 58

Total Carbs: 3 g

Dietary Fiber: 1 g

Sugar: 2 g

Total Fat: 1 g

Protein: 11 g

Sodium: 324 g

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