

POTATO-BASIL SCRAMBLE

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 4 - 1 cup serving each

Nutrition (per serving)

Calories: 190

Total Carbohydrate: 23 g

Total Fat: 5 g

Protein: 13 g

Saturated Fat: 1 g

PREP TIME: 10 min

COOK TIME: 10 min

TOTAL TIME: 20 min



Ingredients

2 cups cooked potato, cubed (about 2 medium)

1/2 cup onion, finely chopped

1/2 cup red bell pepper, chopped

2 cups Egg Substitute (or use 8 whole eggs)

2 Tbsp fresh or 2 tsp dried Basil

1/2 tsp salt

1/8 tsp ground red pepper (cayenne)



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Directions

1. Use nonstick skillet or spray skillet with cooking spray. Cook potatoes, onion and bell pepper over medium heat about 5 minutes, stirring occasionally, until hot.
2. Mix remaining ingredients and pour into skillet. As mixture begins to set at bottom and sides, gently lift cooked portions with spatula so that thin, uncooked portions will flow to the bottom. Avoid constant stirring. Cook three to five minutes or until eggs are set and thickened throughout but still moist.