

Fortified Scrambled Eggs



Italians don't really eat eggs for breakfast but we do, whether we are in Morristown (New Jersey) or in Nimis (Friuli). Adding in some ricotta is a terrific way to fortify eggs with calcium, making this recipe a perfect choice for a simple, wholesome breakfast. In all honesty, these eggs taste so much better when I make them in Italy. I'm sure the freshly made ricotta from the local dairy farm has much to do with it!

Serves 4.

Ingredients

4 large eggs
1 cup egg substitute
¼ cup light ricotta
2 tbsp. grated parmigiano cheese
2 tbsp. chopped fresh chives
salt/pepper to taste

Directions

1. Whisk together all the ingredients in a medium-sized mixing bowl.
2. Evenly cover a medium-sized frying pan with vegetable spray. Heat over medium flame until surface is hot.
3. Add the egg mixture and begin to stir for about 2 minutes from the outside to the center with a wooden spoon.
4. Lower the heat if necessary to assure uniform cooking. Serve immediately.

Nutritional Information

Calories: 146
Carbohydrates: 2 g
Protein: 16 g
Fat: 8 g
Saturated Fat: 3 g
Cholesterol: 248 mg
Fiber: < 1 g

GI Value: 0 - low