

# Herbed Potato-Egg Scramble

## Breakfast/Brunch January - 2014



Potato and bell pepper come together in this cheesy egg scramble that's ready in just 20 minutes - perfect for breakfast.

**Prep Time:** 20 Min

**Start to Finish:** 20 Min

**Makes:** 4 servings

### INGREDIENTS

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2 teaspoons canola oil  
1 medium red potato, unpeeled, cut into 1/2-inch pieces (3/4 to 1 cup)  
1/8 teaspoon salt  
3 tablespoons water  
6 eggs or 1 1/2 cups fat-free egg product  
1/2 teaspoon dried or 1 teaspoon chopped fresh basil leaves  
1/4 cup sliced roasted red bell peppers (from a jar)  
2 tablespoons shredded Parmesan cheese

### DIRECTIONS

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1. In 12-inch nonstick skillet, heat oil over medium-high heat. Add potato; sprinkle with salt. Cook 1 to 2 minutes, stirring frequently. Add water; cover and reduce heat to low. Cook 5 to 7 minutes, stirring occasionally, until potato is fork-tender.
2. Meanwhile, in medium bowl, beat eggs and basil with whisk until well blended. Stir in roasted peppers.
3. Pour egg mixture over potato in skillet. Cook over medium-low heat 3 to 5 minutes, stirring frequently, until eggs are set but still moist. Sprinkle with Parmesan cheese.

**Recipe Provides:** Fats & Oils 1tsp, Meat & Beans 2oz-equivalents, Vegetables 1/4c

### NUTRITION INFORMATION PER SERVING

<b>Serving Size:</b>	1 Serving	<b>Calories:</b>	110	<b>Calories from Fat:</b>	30
<b>Total Fat:</b>	3 1/2 g	<b>Saturated Fat:</b>	1 g	<b>Trans fat :</b>	0 g
<b>Cholesterol:</b>	0 mg	<b>Sodium:</b>	310 mg	<b>Total Carbohydrate:</b>	7 g
<b>Dietary Fiber:</b>	1 g	<b>Sugars:</b>	2 g	<b>Protein:</b>	12 g



This recipe is adapted from [WWW.eatbetterearly.com](http://WWW.eatbetterearly.com)