

Mushroom Scrambled Eggs

Ingredients:

- Nonstick cooking spray
- ½ cup sliced fresh mushrooms
- ¼ cup thinly sliced green onions
- 1 teaspoon cooking oil
- 1 8-ounce carton refrigerated or frozen egg product, thawed, or 4 eggs, beaten
- ¼ cup fat-free milk
- ⅛ teaspoon ground black pepper
- ½ cup shredded reduced-fat cheddar cheese (2 ounces) or ¼ cup crumbled feta or blue cheese (2 ounces)
- 1 slice turkey bacon or bacon, crisp-cooked and crumbled
- 8 grape or cherry tomatoes, halved

Directions:

- Coat an unheated large nonstick skillet with nonstick cooking spray. Preheat skillet over medium heat. Add mushrooms and green onions. Cook and stir for 5 to 7 minutes or until vegetables are tender. Stir in oil.
- In a medium bowl, stir together egg, milk, and pepper. Pour egg mixture into skillet. Cook, without stirring, until mixture begins to set on the bottom and around edge. Using a large spoon or spatula, lift and fold partially cooked egg mixture so uncooked portion flows underneath.
- Sprinkle with cheese and bacon. Continue cooking over medium heat for 2 to 3 minutes or until egg mixture is cooked through but is still glossy and moist. Remove from heat immediately. (Be careful not to overcook the egg mixture.) 4. To serve, top with tomatoes.

Yield: 4 (2/3 cup) servings

Nutritional Information: Calories 102, Total Fat 5g, Saturated Fat 2g, Cholesterol 13mg, Sodium 286mg, Carbohydrate 5g, Fiber 1g, Protein 11g

Recipe Source: www.diabeticliving.com

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.