



**Nutrition
information
per serving:**

Calories

180

Carbohydrate

21 g

Dietary Fiber

4 g

Protein

14 g

Total Fat

5 g

Saturated Fat

2 g

Trans Fat

0 g

Cholesterol

110 mg

Sodium

540 mg





Potato and Egg Scramble

*This recipe is sure to be a family favorite —
everyday ingredients, easy to make, and good for you.*

Makes 4 servings. *¾ cup per serving.* | **Prep time:** 15 minutes | **Cook time:** 15 minutes

1. Put tomato sauce, green onions, and dried chiles in a blender container, cover with a tight fitting lid, and blend until smooth. Pour into a small saucepan over low heat.
2. Spray a medium skillet with nonstick cooking spray. Add potato and onion and cook over medium heat for 10 minutes, stirring often. Coat vegetables with cooking spray once or twice during cooking. Remove from skillet and keep warm.
3. Beat egg whites and whole eggs with cumin and salt. Coat skillet again with cooking spray and add eggs; cook and stir for 5 minutes or until eggs are set. Stir potato mixture into eggs.
4. Top eggs and potatoes with warm sauce, cheese, and cilantro. Serve immediately.

**To cook potato, poke potato with a fork and place in a microwave safe bowl and cover with plastic wrap. Make sure that the plastic doesn't touch the potato. Microwave on high for 5 minutes or until potato is soft inside.*

- 1 (8-ounce) can tomato sauce**
- 3 green onions, sliced**
- 2 to 3 ancho chiles, stemmed, seeded, and torn into strips**
- Nonstick cooking spray**
- 1½ cups chopped, cooked potato (about 1 medium russet potato)***
- 1 cup chopped onion**
- 6 egg whites or ¾ cup of egg substitute**
- 2 whole eggs**
- ¼ teaspoon ground cumin**
- ⅛ teaspoon salt**
- ½ cup crumbled Queso Fresco cheese**
- 2 tablespoons chopped fresh cilantro**

tip:

Using egg whites instead of whole eggs helps keep fat and cholesterol within healthy limits.

