



Mexican Scramble (October 2006)

Serves 2 | Prep time: 4 minutes | Cook time: 3 minutes

1 tsp canola oil
4 eggs
1 scallion (chopped)
1/8 cup chopped cilantro
¼ tsp salt
¼ tsp pepper

2 T salsa
2 T avocado chopped
2 T yogurt

1. Preheat a medium non-stick frying pan.
2. Crack 4 eggs in a medium mixing bowl.
3. Add chopped scallion, chopped cilantro, salt and pepper.
4. Wisk mixture until yolks are completely combined.
5. Add canola oil to frying pan and then egg mixture.
6. Using a silicon spatula, scramble eggs until well cooked.
7. Divide scrambled eggs onto two plates.
8. Top each plate with 1T of salsa, avocado and yogurt (each). Serve and eat!

Non-fat yogurt is a great substitute for sour cream. It also helps aid the digestive process. This recipe is a great source of protein, healthy fat, calcium and biotin.