

SCRAMBLED EGGS AND CHEESE

4 eggs or 1 cup liquid egg substitute
¼ cup skim milk
¼ tsp dried basil
nonstick cooking spray
4 ounces part-skim mozzarella cheese, shredded

Combine eggs and milk in a small mixing bowl. Beat well and add dried basil. Spray a no-stick skillet with cooking spray, and heat over medium heat. Pour in egg mixture, and use a spatula to bring cooked portion up from the bottom of pan. Sprinkle cheese over eggs just as they become completely firm. Serve as soon as cheese melts.

SERVINGS 4

CALORIES 140

CARBOHYDRATES 4 GRAMS

FAT 8 GRAMS

EXCHANGES 1 LEAN MEAT, ½ SKIM MILK, 1 FAT