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 the 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