

Low Carb Confetti Scramble

- 2 teaspoons cooking oil or butter
- ½ cup chopped sweet red and/or green peppers
- 4 eggs
- ¼ cup milk
- ¼ teaspoon dried basil leaves, crushed, optional
- Salt & pepper to taste, optional
- ½ cup chopped cooked lean ham, chicken or Canadian bacon
- ¼ cup shredded Cheddar, Gouda, Swiss cheese, divided

In 10-inch omelet pan or skillet over medium heat, heat oil until just hot enough to sizzle a drop of water. Cook peppers, stirring occasionally, until crisp tender, about 3 minutes. In small bowl, beat together eggs, milk, and seasonings until thoroughly blended. Pour egg mixture into pan. As mixture begins to set, gently draw an inverted pancake turner completely across bottom and sides of pan, forming large, soft curds. Do not stir constantly. Stir in ham and 2 tablespoons of the cheese. Continue cooking until eggs are thickened and no visible liquid egg remains. Sprinkle with remaining cheese.

Nutritional information per serving of 1/2 recipe using cooking oil, ham, and Cheddar cheese without optional ingredients: 318 calories, 24g protein, 5g carbohydrate, 22g total fat, 461mg cholesterol, 736mg sodium.