

# TOMATO SCRAMBLE





## INGREDIENTS

- |                            |                              |
|----------------------------|------------------------------|
| 1 Tbsp. butter             | 3 roma or pear tomatoes,     |
| 1 cup finely chopped onion | seeded, diced                |
| 1 clove garlic, minced     | 1½ cup liquid egg substitute |

## DIRECTIONS

1. In a medium non-stick skillet over medium heat, melt butter.
2. Add onion and garlic, cooking until onion is tender, stirring occasionally. Add tomatoes.
3. Cover and simmer about 10 minutes.
4. Add egg substitute to skillet and cook until eggs are set but not overdone.

## NUTRITION FACTS

Serves 4 / Serving Size - ½ cup

Calories	96
Total Fat	3.0g
Protein	10g
Cholesterol	7.6mg
Sodium	217mg
Total Carbohydrates	7.7g
Dietary Fiber	1.3g
Sugar	4.8g