

EGGS & CHEESE

Time: 15 minutes

Serves: 1

Ingredients:

2 teaspoons grapeseed or other neutral-tasting oil
1 roma tomato – seeded and diced small
½ anaheim pepper – seeded and diced small
½ small onion – diced small
¼ teaspoon ground cumin
¼ teaspoon kosher salt
1 pinch fresh ground black pepper
2 large eggs – beaten
¼ cup cheddar cheese – grated
1 teaspoon cilantro – finely chopped

Preparation:

Preheat oven broiler.

Place a non-stick pan on medium heat and add the oil once the pan is hot.

Add the tomato, anaheim pepper, onion, cumin, salt and pepper, stirring often for one minute. Spread the mixture evenly around the pan.

Pour in the eggs, tilting the pan to spread them evenly. Cook for one minute.

Top the eggs with the cheese and place the pan under the broiler until the cheese is fully melted.

Sprinkle with cilantro and serve immediately.

Nutritional Information Per Serving:

Calories: 329

Fat: 26g

Carbs: 4g

Fibre: 1g

Protein: 19g