

# Scrambled Peppers and Eggs

## Ingredients:

- 2 tablespoons olive oil
- 1 small onion, chopped
- 2 red bell peppers, chopped
- 2 poblano peppers, chopped
- 1 jalapeño, chopped (optional)
- 1 tablespoon garlic, minced
- 4 eggs, beaten
- Salt and pepper to taste

## Directions

1. Put oil in large skillet over medium-high heat. Add onion to pan, and stir occasionally until translucent, 1 – 2 minutes.
2. Add peppers, garlic, salt, and pepper. Cook, stirring occasionally, until peppers are brightly colored but not too soft, 4 – 6 minutes.
3. Reduce heat to medium-low and pour in eggs. Cook, stirring occasionally with a spoon until eggs are cooked, 3 – 8 minutes. Serve on toast, over rice, or wrapped in flour tortilla.

## Nutrition Facts

Serving Size 1/2 cup (110g)  
Servings Per Container 6

Amount Per Serving

**Calories** 120      **Calories from Fat** 70

**% Daily Value\***

**Total Fat** 8g      **12%**

Saturated Fat 1.5g      **8%**

Trans Fat 0g

**Cholesterol** 130mg      **43%**

**Sodium** 45mg      **2%**

**Total Carbohydrate** 5g      **2%**

Dietary Fiber 1g      **4%**

Sugars 3g

**Protein** 5g

Vitamin A 35%      • Vitamin C 100%

Calcium 0%      • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

