

Turkish Scramble

Ingredients:

- 5 eggs
- 1/2 cup shallots, onion, or leek, finely chopped
- 2 tablespoons olive oil
- 1 green pepper, finely chopped
- 1 red pepper, finely chopped
- 2 cups tomatoes, deseeded and finely chopped
- 2 garlic cloves, crushed
- 1/4 cup cilantro, chopped
- Pinch of dried chili flakes
- Salt and pepper to taste

Directions

1. Heat oil in a non-stick frying pan. Sauté the shallots until softened but not browned, about 5 minutes. Add garlic, chili flakes, salt, and pepper. Cook for 1–2 minutes.
2. Add green and red peppers and cook stirring regularly until softened.
3. Add the chopped tomatoes (important to deseed these by cutting into quarters and removing the seeded flesh) and cook until softened and most of the liquid has evaporated off.
4. While vegetables are cooking, lightly beat the eggs and season with salt and pepper. Add eggs to the vegetable mix and cook slowly over a gentle heat until they just start to set, stirring continuously.
5. Serve immediately with chopped cilantro sprinkled over the top.

Nutrition Facts

Serving Size 1 1/2 cup (173g)
Servings Per Container 4

Amount Per Serving

Calories 160 **Calories from Fat** 100

% Daily Value*

Total Fat 11g **17%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 155mg **52%**

Sodium 60mg **3%**

Total Carbohydrate 8g **3%**

Dietary Fiber 2g **8%**

Sugars 4g

Protein 7g

Vitamin A 35% • **Vitamin C** 80%

Calcium 2% • **Iron** 4%

*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

