

Breakfast | Snack

Mediterranean Breakfast Scramble

10 Mins
Prep Time

5 Mins
Cook Time

1
Servings

341 Calories **18g Fat** **25g Carbs** **22g Protein**



Ingredients

1 Serving **15 Mins Total Time** **Allergens: Eggs, Dairy**

¼ Red Bell Pepper, diced (Wash under cold running water)

1 Small Shallot, diced

2 Tbsp Sun Dried Tomatoes, diced

2 Eggs

2 Tbsp Pasteurized Whole Milk Ricotta Cheese

2 Tbsp Pasteurized Crumbled Feta Cheese

½ Tsp Dried Oregano

Salt and Pepper, to taste

Optional: Drizzle of olive oil or balsamic vinegar

Allergen Swap

Eggs Omit eggs and scramble ingredients with silken tofu

Dairy Omit ricotta and feta cheeses; replace with non-dairy cheese, if desired

Nourishment Note



Eggs

Eggs are an excellent and inexpensive source of lean protein.



Red Peppers

Red peppers are an excellent source of vitamin A, vitamin C and potassium. These vitamins may be low in someone who is HIV+.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Combine Ingredients

In a small bowl, whisk the eggs, ricotta cheese and oregano together and set aside.

3. Prepare Skillet

Spray a small skillet with cooking spray and heat over medium-high heat. Add the diced red pepper, shallot and sun-dried tomatoes. Cook, stirring occasionally, until vegetables are tender, about 5 minutes.

4. Cook Eggs

Add the eggs to the skillet with the vegetables and gently push the eggs to scramble. **Continue to gently push the eggs until they are fully cooked.**

5. Plate, Serve and Enjoy

Plate the eggs and top with crumbled feta cheese and salt and pepper, to taste. Finish with a drizzle of olive oil or balsamic vinegar, if desired.

7. Clean Up

Wash hands with soap and water.

Recipe created by Meijer Registered Dietitians,
Beth Eggleston and Emily Parsell

What You'll Need



Knife



Cutting Board



Bowl



Whisk



Measuring Spoons



Small Skillet



Cooking Spray



Spatula



Plate

Fatigue Buster

Shallot: Purchase pre-diced fresh or frozen onion.

Red Pepper: Purchase pre-diced fresh or frozen peppers.