



**Breakfast | Snack** 

# Mediterranean **Breakfast Scramble**

10 Mins **Prep Time** 

**5 Mins Cook Time**  **Servings** 

341 Calories 18g Fat 25g Carbs 22g Protein



# **Ingredients**

1 Serving



**15 Mins Total Time** 



**♦ Allergens: Eggs, Dairy** 

1/4 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

1/2 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 mediumhigh 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

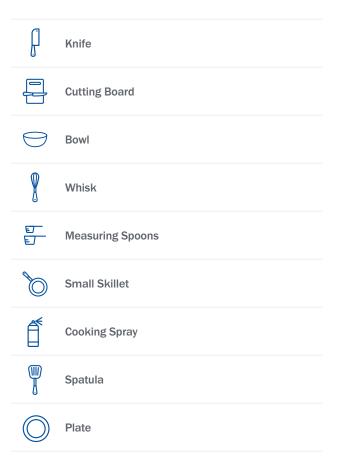
Plate the eggs and top with crumbled feta cheese and salt and pepper, to taste. Finish with a drizzle of olive oil or balsamic vinegar, if desired.

#### 7. Clean Up

Wash hands with soap and water.

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

## What You'll Need



### **Fatigue Buster**

Shallot: Purchase pre-diced fresh or frozen onion.

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