

LEVEL: EASY

Spinach Scramble with Queso Fresco

25 MINUTES | 140 CALORIES | 10 INGREDIENTS



Add vegetables to your breakfast for a healthy way to start the day!

Ingredients

- 4 eggs
- ¼ cup chopped red onion
- ½ cup chopped red bell pepper
- 1 cup chopped fresh spinach
- 1 tablespoon olive oil
- Salt, to taste
- Pepper, to taste
- 1 teaspoon garlic powder
- ¼ cup queso fresco crumbled
- ¼ chopped canned chipotle peppers

Step by step

Step 1

Heat a nonstick skillet on low heat.

Step 2

Add oil and sauté onion until translucent. Add bell pepper and spinach.

Step 3

Whisk eggs in a small bowl and add to skillet. Cook 5 minutes or until the egg is set.

Step 4

Season with salt and pepper and dash of garlic powder.

Step 5

Add cheese and the chipotle mix to the egg mixture. Combine and ready to serve. ¡Provecho!

Serving Suggestions: Include a slice of whole-wheat toast or 2 warmed corn tortillas with each serving.

Nutrition Information

Total grams per serving: 112 g; Calories: 140; Total Fat: 10 g (Sat 2.5 g, Trans 0 g, Poly 1.2 g, Mono 4.6 g); Cholesterol: 170 mg; Sodium: 190 mg; Total Carbohydrates: 6 g;