

## Lebanese Breakfast Scramble FIT

**Serving size:** ½ cup

**Makes** 8 servings

- ½ cup Red Bliss Potatoes, diced
- 1 ½ TBSP Olive Oil
- 1 tsp Harissa Paste
- ¼ tsp Cumin, ground
- 8 Eggs, beaten
- ½ tsp Salt
- 1/8 tsp Black Pepper
- ¼ cup Cherry Tomatoes, halved
- 1 TBSP Green Onions, chopped
- 1 TBSP Mint, chopped
- 1 TBSP Parsley, chopped

### Preparation:

1. Steam potatoes just until par cooked, about 5 minutes.
2. Heat oil in a non-stick pan. Add steamed potatoes, harissa, and cumin. Cook until potatoes begin to brown and are coated with harissa and cumin.
3. Add eggs, salt and pepper to pan. Stir to scramble.
4. Just before eggs are set, stir in tomatoes, scallions, mint, and parsley. Continue cooking just until heated through.



### NUTRITION FACTS

PER SERVING

<b>calories</b>	130
<b>total fat (g)</b>	9
saturated fat (g)	2
<b>sodium (mg)</b>	210
<b>total carbohydrate (g)</b>	4
dietary fiber (g)	1
added sugar (g)	0
<b>protein (g)</b>	8



SCAN HERE TO  
DOWNLOAD  
RECIPE!