

Ratatouille and Scrambled Eggs

	cooking spray
1 (250 mL/1 cup)	potato, large, peeled, diced and cooked
1 (250 mL/1 cup)	onion, large, diced
4 (1 L/4 cups)	zucchini, small, diced
1 (125 mL/1/2 cup)	tomato, medium, seeded and diced
5 mL (1 tsp)	oregano
To taste	salt and pepper
8	eggs
125 mL (1/2 cup)	skim milk



Spray a large non-stick skillet generously with cooking spray. Heat skillet over medium-high heat. Add potato, onion and zucchini and sauté until golden brown, about 8 minutes. Stir in tomato, oregano, salt and pepper; keep warm. Whisk eggs with milk in a large bowl; season with salt and pepper. Spray a 25 cm (10-inch) non-stick skillet with cooking spray. Heat skillet over medium-high heat. Pour in egg mixture and reduce heat to medium-low. As mixture begins to set, gently move spatula across bottom and sides of skillet to form large, soft curds. Cook until eggs are set but still moist. Divide scrambled eggs between 4 warm plates. Top each plate with an equal amount of ratatouille.

Makes: 4 servings.

Preparation: 10 minutes Cooking 24 minutes.

Nutrients per serving:	Calories: 234	Protein: 15.5 g	Carbohydrate: 19.5 g	Fat: 10.6 g
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