



Cali Chicken Egg Scramble



Entire recipe: 350 calories, 10g total fat (4g sat. fat), 725mg sodium, 17.5g carbs, 3g fiber, 3g sugars, 46g protein

Prep: 5 minutes **Cook:** 10 minutes

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Ingredients

2/3 cup frozen shredded hash browns
2/3 cup egg whites or fat-free liquid egg substitute (like Egg Beaters Original)
3 oz. cooked and chopped skinless chicken breast
3 tbsp. shredded reduced-fat cheddar cheese
2 tbsp. salsa or pico de gallo with 90mg of sodium or less per serving
1 oz. sliced avocado (about 1/4th of an avocado)
Optional seasonings: salt, black pepper

Directions

Bring a skillet sprayed with nonstick spray to medium-low heat. Cook and stir hash browns until hot and browned, about 6 minutes. Transfer to a medium bowl, and cover to keep warm.

Remove skillet from heat; clean, if needed. Re-spray skillet, and bring to medium heat. Add egg whites/substitute and chicken breast. Scramble until egg is fully cooked and chicken is warm, about 3 minutes. Stir in cheese and salsa, and transfer to the bowl of hash browns.

Top with avocado, and enjoy!

MAKES 1 SERVING

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