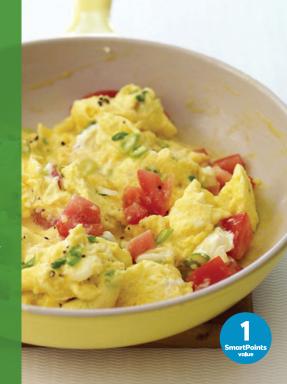
Creamy Scrambled Eggs with Scallions and Tomatoes

recipe

PREP TIME: 8 min | COOK TIME: 3 min | SERVINGS: 4

weightwatchers



## **INGREDIENTS**

1 spray cooking spray

4 large eggs

4 large egg whites

⅓ cup sliced scallions

½ tsp table salt

1/8 tsp ground black pepper

3/4 cup diced fresh tomatoes

2 oz low-fat cream cheese, cut into bits

## **INSTRUCTIONS**

Coat a medium nonstick skillet with cooking spray; heat over medium heat.

In a medium bowl, whisk together eggs, egg whites, scallions, salt, and pepper until blended. Add egg mixture to skillet; cook, gently turning mixture with a heatproof spatula or wooden spoon, until eggs start to set, about 2 minutes.

Stir in tomatoes and cheese; cook over low heat, gently stirring, just until eggs set, about 1 minute more (there should still be some creamy pieces of cheese).

Serving size: about ¾ cup

