

Creamy Scrambled Eggs with Scallions and Tomatoes

recipe

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

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INGREDIENTS

- 1 spray cooking spray
- 4 large eggs
- 4 large egg whites
- ⅓ cup sliced scallions
- ½ tsp table salt
- ⅛ tsp ground black pepper
- ¾ 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