

Southwestern Egg Wraps

Here's a fun way to serve scrambled eggs filled with cheese, salsa, and lots of pizzazz. Eggbeaters may be substituted for the eggs.

MAKES 6 TO 8 SERVINGS

3 tablespoons chopped green chilies
1 bunch green onions (scallions), finely chopped
4 eggs
5 egg whites
1/4 cup skim milk
1 teaspoon ground cumin
Salt and pepper to taste
6 to 8 (6-inch) flour or corn tortillas, heated in the microwave to soften
2 cups shredded reduced-fat sharp Cheddar cheese or Monterey Jack cheese

In a bowl, mix the green chiles, green onions, eggs, egg whites, milk, cumin, and salt and pepper. Pour the egg mixture into a nonstick skillet coated with nonstick cooking spray over medium heat. Scramble eggs until done. Divide the eggs between the tortillas, sprinkle with cheese and salsa. Roll up and serve immediately.

Nutrition information per serving

Calories 236, Protein (g) 16, Carbohydrate (g) 19, Fat (g) 10, Calories from Fat (%) 38, Saturated Fat (g) 5, Dietary Fiber (g) 2, Cholesterol (mg) 121, Sodium (mg) 418, Diabetic Exchanges: 2 lean meat, 1.5 starch, 0.5 fat

DOC'S NOTES:

The amount of eggs or egg beaters may be used as desired. Breakfast dishes are a good way to get protein in the day.

HIGH CALORIE
HIGH PROTEIN