

## Fluffy scrambled eggs

Makes 2 servings

### Ingredients:

4 large eggs  
1/4 cup cottage cheese  
1 tablespoon olive oil or plant based margarine  
Salt and pepper to taste



### Instructions:

In a small bowl, whisk together eggs and cottage cheese. Heat medium sized pan on low to medium heat and add oil or margarine. Add egg mixture to pan and cook until they begin to set. Using a spatula, gently move eggs around pan so they cook through. Remove from heat and serve.

Modifications: top with shredded cheese, chives, or sautéed veggies like peppers and onions. Serve with roasted potatoes, on top of an English muffin, or wrapped in a tortilla.

Nutrition info: 223 calories, 16.5g fat, 257mg sodium, 1.5g carb, 16.1g protein. Good source of vitamins A and iron.



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