

Snow Pea Scrambled Eggs

Servings: 4

4 cups snow pea pod, fresh
1 teaspoon extra virgin olive oil
1/4 cup mint
1 tablespoon butter
8 eggs
1 tablespoon cream

Heat a large skillet over high heat with a tablespoon or two of water.

Add oil and toss snow peas for 2-4 minutes until bright green, stir in mint and remove to platter. Discard any remaining water.

Melt butter in pan over high heat while you whisk the eggs and cream together.

Add eggs to pan and stir constantly with a spatula. Turn heat to medium and allow to cook through very gently.

Top snow peas with eggs and top with more mint, salt and pepper.

Per Serving (excluding unknown items): 236 Calories; 15g Fat (58.3% calories from fat); 16g Protein; 9g Carbohydrate; 3g Dietary Fiber; 435mg Cholesterol; 176mg Sodium. Exchanges: 1 1/2 Lean Meat; 1 1/2 Vegetable; 2 Fat.