



Southwestern Scramble with Avocado

Active Time: 5 minutes | Total Time: 5 minutes | Serves: 1

Nutrition Information Per Serving

323.8 calories, 15.34 g carbohydrate, 6.73 g fiber, 8.61 g NET carbs, 14.59 g protein, 24.67 g fat

Ingredients

- 2 Tbsp(s) Muir Glen Medium Salsa
- 2 large(s) pastured eggs
- 1/2 medium(s) avocado, diced

Preparation

1. Heat a safe nonstick pan over medium-high heat. Spray or coat lightly with oil.
2. Whisk eggs in a small bowl.
3. Pour into heated pan.
4. Allow to cook 2 minutes until eggs become opaque.
5. Add salsa.
6. Using a wooden or nonstick spatula fold eggs to cook through (about 2 minutes).
7. Top with avocado and serve.

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