

Scrambled Eggs with Pepperonata Sauce and Roasted Potatoes



Sponsored by The Incredible Edible Egg™

POINTS® Value: 6

Servings: 4

Prep time : 22 minutes

Cooking time: 20 minutes

Level of Difficulty: Easy

Sweet peppers and fresh basil add Italian flavor to ordinary scrambled eggs. Serve with potatoes that you've roasted with dried herbs.

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Ingredients

- 2 sprays cooking spray
- 2 medium sweet red pepper(s), cut into 1/4-inch-thick slices
- 1 medium yellow pepper(s), cut into 1/4-inch-thick slices
- 1 medium onion(s), chopped
- 2 large garlic clove(s), chopped
- 8 oz canned tomato sauce
- 4 leaves basil, large, torn (plus more for garnish)
- 6 large egg(s)
- 2 large egg white(s)
- 6 medium uncooked red potato(es), quartered, seasoned to taste and roasted

Instructions

- Coat a large nonstick skillet with cooking spray and heat over medium-high heat. Add peppers and onion, and cook until soft and starting to brown, stirring often, about 10 minutes; add garlic and cook 1 minute more. Add tomato sauce and basil, and cook until slightly thickened, about 3 minutes more; cover and keep warm.
- Whisk eggs and egg whites together in a medium bowl. Coat another nonstick pan with cooking spray and heat over medium-high heat. Add eggs and scramble until desired doneness, about 5 to 7 minutes. To serve, place 1/4 of eggs on each of four plates and top each with 1/3 cup of sauce; serve each with 1 cup of potatoes.