

Scrambled Eggs with Green Onions



Serves 2

Ingredients:

- 5 large eggs
- 1 tablespoon butter
- 4 fresh green onions

Instructions:

1. Heat skillet over medium heat and melt butter.
2. Crack eggs into a bowl and whisk until well blended.

3. Pour eggs into the skillet, and stir constantly. When eggs are almost set, add green onions. Continue cooking to desired doneness and serve.

Nutrition per serving: Calories 251; Total Fat 19.1 g; Saturated Fat 7.7 g; Monounsaturated Fat 6.6 g; Polyunsaturated Fat 2.0 g; Total Carbohydrates 2.8 g; Dietary Fiber 0.4 g; Sugar Alcohols 0.0 g; Sugars 2.3 g; Protein 16.0 g; Sodium 204 mg