

Western Breakfast Scramble



Serves 5

Ingredients:

- 1 pound sausage
- 5 eggs
- 1 avocado
- Cilantro
- Hot sauce
- Cheese

Instructions:

1. Preheat oven to 400° F.
2. Brown sausage in an oven-safe skillet.
3. Drain off extra grease.
4. Make a few wells in sausage, one for each egg. Crack the eggs into the wells.
5. Place the skillet into the oven, bake for about 5 minutes until the eggs set.
6. Remove pan from oven, top with cilantro, avocado, hot sauce or salsa.

Nutrition per serving: Calories 262; Total Fat 21.1 g; Saturated Fat 6.0 g; Monounsaturated Fat 9.6 g; Polyunsaturated Fat 3.4 g; Total Carbohydrates 3.5 g; Dietary Fiber 1.8 g; Sugar Alcohols 0.0 g; Sugars 1.1 g; Protein 14.7 g; Sodium 411 mg