RECIPE

Soft Scrambled Eggs with Tomato and Green Pepper

A Turkish-style breakfast of eggs softly scrambled into tomatoes and green peppers cooked in olive oil, with whole-wheat toast, built so the saturated fat stays under 3 g a serving.

MAKES

4 servings US Metric

TOTAL

30 min

Ingredients

- [ ] 4 tsp olive oil
- [ ] 1 small onion, finely diced
- [ ] 2 medium green bell peppers, seeded and diced
- [ ] ½ tsp garlic powder
- [ ] 1 tsp paprika
- [ ] ¼ tsp ground red (cayenne) pepper
- [ ] 1 can (14.5 oz / 411 g) no-salt-added diced tomatoes, with their juice
- [ ] 0 tsp salt
- [ ] ¼ tsp black pepper
- [ ] 4 large eggs
- [ ] 4 large egg whites
- [ ] 2 tbsp chopped fresh parsley
- [ ] 4 slices (32 g each; 128 g) whole-wheat bread, toasted

Method

1. Set a 10-inch skillet on the stove at medium and warm the olive oil in it. Cook the onion and green peppers, stirring now and then, for 8 to 10 minutes, until the peppers are soft and the onion is clear.

2. Stir in the garlic powder, paprika, red pepper, salt and black pepper and cook 30 seconds. Add the tomatoes with their juice and simmer, stirring now and then, 8 to 10 minutes (our kitchen practice: the simmer runs a little longer at 5,300 ft), until a spoon dragged across the pan leaves a clear trail and no pool of juice is left.

3. While the tomatoes thicken, whisk the 4 eggs and 4 egg whites in a bowl until no streaks of white remain.

4. Take the skillet off the heat. Whisk 3 spoonfuls of the hot tomato mixture into the eggs, a spoonful at a time, so the eggs warm gently. Pour the eggs back over the vegetables.

5. Return the skillet to low heat and fold slowly with a spatula, scraping the bottom, for 2 to 4 minutes. The eggs are done when no liquid egg is left and they look soft and moist; they should reach 160 °F, the USDA mark for egg dishes. Take the pan off the heat while they still look slightly wet, since they keep cooking.

6. Scatter the parsley over the top, and serve at once with a slice of toast for each plate.

7. Cool leftovers in a shallow container within 2 hours (within 1 hour if it is above 90 °F), then refrigerate. Reheat to 165 °F.