 **Southwestern Egg Scramble**

*Serves 1*

**Ingredients**

1 egg + ½ cup egg whites, scrambled

2 tbsp shredded cheese

1 tsp olive oil

¼ cup diced red pepper

¼ cup diced onion

⅓ cup black beans

**Directions**

1. Coat skillet with olive oil and heat on medium.
2. Add pepper and onion and cook several minutes until onion is translucent.
3. Whisk egg in small bowl. Add ½ cup egg whites.
4. Add egg mixture to skillet. Heat until cooked through, stirring occasionally.
5. Mix in shredded cheese and black beans and remove from heat.

**Nutrition**

324 calories, 21g carb, 28g protein, 15g fat