**Vegetable Scramble**

For a time saver, wash vegetables and do any preparation the night before. You can even mix the egg and egg white together ahead of time!

### Ingredients:
- Cooking spray
- 10 spinach leaves, washed
- 2 Tbsp. bell pepper, diced
- 1 large egg
- 1 egg white
- 2 Tbsp. reduced-fat, shredded cheese
- Salt and pepper, to taste

### Directions:
1. Spray a medium-size skillet with cooking spray, being sure to coat well. Heat on medium-high.
2. Add spinach leaves and bell peppers to heated pan and sauté for 3 minutes. If needed, add 1 Tbsp. water to help cook spinach.
3. While vegetables are cooking, combine one egg and one egg white in a small bowl and whisk together.
4. Add eggs to heated skillet and cook over medium-high heat until egg starts to set.
5. Add cheese and allow to melt, about 30 seconds.
6. Season with salt and pepper, to taste.

### Nutrition Facts
- **Serves 1**
- Calories: 159
- Fat: 8 grams
- Saturated fat: 3.6 grams
- Sodium: 285 mg
- Carbohydrates: 6 grams
- Fiber: 2.6 grams
- Protein: 16 grams