Extreme Veggie Egg Scramble
Serves 6

Ingredients:
- ¼ cup olive oil
- 6 eggs
- ¼ cup sliced fresh mushrooms
- ¼ cup chopped onions
- ¼ cup chopped green peppers
- ¼ cup skim milk
- ¼ cup fresh tomato
- ¼ cup shredded skim mozzarella cheese

Directions:
1. Heat olive oil in a skillet or frying pan over medium-high heat. Add mushrooms, onions and peppers; sauté until onions are transparent.
2. In a mixing bowl, beat together eggs and milk. Add egg mixture to vegetables; stir in tomatoes. Cook until eggs are set. When eggs are almost done, mix in cheese. Serve immediately.

Nutrition Information:
Calories: 182, Fat: 9g, Carbohydrate: 2.5g, Fiber: 0.5g, Protein: 8g