

CARBCONTROL RECIPES

BREAKFAST

Mediterranean scrambled eggs – serves 1

1 Tbsp olive oil
1 small onion, sliced
1 garlic clove, finely chopped
½ green or red capsicum, roasted
1 small acid free tomato, chopped
cayenne pepper to taste
salt and pepper to taste
2 eggs
½ Tbsp butter
fresh basil, thinly sliced
1 slice ham, cut into strips

Heat oil in a heavy frying pan, saute onions and garlic until softened. Add roast capsicum, tomato and cayenne. Cover and cook for 10 minutes until vegetables are very soft, stirring occasionally. Uncover and simmer over medium heat until sauce is thick, about 10 minutes, stirring often. Season to taste with salt and pepper. This mixture can be made up to 2 days ahead and reheated. Beat eggs until well blended. In a heavy frying pan, heat butter over low heat. Add egg mix and basil, and cook until eggs are just set, stirring constantly. Add capsicum mix and ham, and just stir until mixed.