

Jenny's Scrambled Eggs That Rock

Do you like things spicy? Then use an even hotter pepper, like Serrano, in this nutritious breakfast. Boiling (or steaming) the potato in advance saves time but it's even quicker if you have leftover boiled potatoes. In a hurry, I peel and chop the potato first and steam it for 5 minutes. My mother always kept cold boiled potatoes for snacking with a little mayo. Actually, it was a lot of mayo.

1 large red skin potato, cooked, peeled & cut into 1-inch chunks

1 teaspoon canola oil

1 cup coarsely chopped onion

1 cup coarsely chopped red pepper

1/4 cup thick sliced jalapeno pepper

4 eggs

2 Tablespoons 1% milk

1/4 teaspoon salt

pepper to taste

1. Heat oil in a large fry pan over medium heat and sauté onion for 2-3 minutes until golden and translucent.
2. Add the cooked potato and both peppers and sauté for about 5 minutes until potatoes are nicely browned.
3. Combine eggs, milk, salt & pepper in a small bowl.
4. Reduce heat to low and push the vegetable mixture to one side of the pan. Add the eggs and cook them separately for one minute. Stir in the vegetables and cook until the eggs are done, another minute or two.

*serves two