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Prevent and Protect
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SCRAMBLED EGGS WITH BEANS, TOMATOES, AND PESTO

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SERVES 2

- 4 large eggs**
- Kosher salt and black pepper**
- 3 teaspoons olive oil**
- ½ cup grape tomatoes, halved**
- ½ cup low-sodium canned white beans, rinsed**
- ¼ cup store-bought pesto**
- 4 slices whole-wheat bread, toasted**

- In a medium bowl, beat the eggs with 1 tablespoon water and ¼ teaspoon each of salt and pepper.
- Heat 2 teaspoons of oil in a large nonstick skillet over medium-high heat. Add the tomatoes and beans; cook, tossing occasionally, until warmed through, 1 to 2 minutes. Transfer to a plate and wipe the skillet clean. Heat the remaining teaspoon of oil in the skillet. Add the eggs and cook, stirring, until set but still soft, 1-2 minutes.
- Serve the eggs topped with the tomato mixture and pesto, accompanied by the toast.