

Huevos Pericos

submitted by Billie7_1975



Per serving: 301 Calories • 5.8g Carbs (1.5g Fiber) • 20.7g Fat • 22.2g Protein

Ingredients

Ingredients scaled to: 2 serving

- 2 tsp **Olive oil** (9 grams)
- 4 medium (4-1/8" long) **Scallions** (60 grams)
- 1 medium whole (2-3/5" dia) **Tomatoes** (123 grams)
- 6 extra large **Egg** (336 grams)
- 3 dash **Salt** (1.2 grams)

Directions

Directions are based on the original recipe of 2 servings

1. Dice tomatoes. Thinly slice scallions. Beat eggs.
2. Heat olive oil in a medium nonstick skillet over medium heat.
3. Add the scallions and cook until they soften, about 3 to 4 minutes.
4. Add diced tomato and cook until the liquid evaporates, about 3 to 4 minutes.
5. Add the eggs, season with salt, and cook until set, stirring occasionally.