

Lean & Green

We make healthy eating second nature

STIR-FRIED TOMATOES & EGGS

No. of servings: 4

Per serving: 1 lean | 3 green | 2 condiments

Total Time: 20 minutes

Cuisine: Chinese

Contains: Eggs, Gluten, Soy

INGREDIENTS

8 scallions or spring onions, trimmed

12 eggs, beaten

1 tsp oil, such as peanut oil

900g tomatoes, chopped (should yield about 6 cups)

1 tsp salt, divided

2 tbsp soy sauce

DIRECTIONS

1. Cut the white part of the scallions into $\frac{1}{2}$ centimeter pieces and cut the green part into fine rings and set aside.
2. Heat the oil in a non-stick wok or skillet, and add the beaten egg and $\frac{1}{4}$ tsp salt.
3. Allow the egg to cook into a solid cake, flipping it as needed.
4. Once the egg is fully cooked, use wooden spoon to break the egg into bite-sized chunks.
5. Add the white scallion pieces, diced tomatoes, soy sauce and remaining salt, and cook over moderate heat until the tomatoes begin to turn pulpy.
6. Add the sliced scallion greens and serve hot.

Per serving: 290 calories, 22g protein, 14g carbohydrate, 16g fat



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