

## **Pulled Pork Scramble**

Prep Time: 10 minutes

Cook Time: 15 minutes

6 ounces cooked pulled pork

6 large eggs

Salt and pepper

1 tablespoon olive oil

1/2 small red bell pepper, cored and cut into 1/4-inch dice

1/2 small green bell pepper, cored and cut into 1/4-inch dice

1/2 small onion, cut into 1/4-inch dice

1/4 cup shredded cheese, such as Cheddar, Monterey Jack, or mozzarella, divided

In a large bowl, lightly beat the eggs. Season with salt and pepper and set aside.

In a large skillet over medium heat, warm the oil. Add the pork and stir occasionally until hot, about 1 minute. Transfer to a plate or bowl, cover loosely to keep warm, and set aside.

Return the skillet to medium heat, add the bell peppers, and cook, stirring occasionally, for 1 minute. Add the onion and cook, stirring occasionally, until the vegetables are tender, about 5 minutes. Add the eggs and cook, stirring occasionally, until the eggs are softly set, about 2 minutes. Stir in about half of the pork. Cook, stirring occasionally, until the eggs are set, about 1 minute.

Scatter the cheese and the remaining pork on top and serve.

Makes 4 servings

### **Serving Suggestions**

This hearty scramble can be doubled if you're cooking for a crowd (use two skillets) or halved for fewer servings (use a medium skillet). To give it an Italian spin, use mozzarella cheese and top it with chopped fresh basil. For a Latin spin, use Cheddar or Jack and serve hot sauce and tortillas on the side.

### **Nutrition per serving**

Calories: 230

Cholesterol: 360mg

Protein: 14g

Fat: 14g

Sodium: 270mg

Fiber: 1g

Saturated Fat: 5g

Carbohydrate: 4g