

Smoked Salmon Scramble

1 teaspoon canola oil
3 large eggs, lightly beaten
1 ounce smoked salmon, cut into thin strips
1 ounce reduced-fat cream cheese, cut into 1/4-inch pieces
1 tablespoon finely chopped fresh chives
Freshly ground black pepper (optional)

1. Heat oil in a nonstick skillet over medium-high heat for 1 to 2 minutes.
2. Add eggs and allow to set, 10 seconds.
3. Sprinkle salmon, cream cheese, and chives over eggs. Scramble until just cooked, about 1 minute, being careful not to overcook.
4. Season to taste with pepper, if desired. Serve hot.

Makes 2 servings.

Per serving: 170 calories, 12 gm fat, 3 gm saturated fat, 14 gm protein, 1 gm carbohydrate, 0 gm dietary fiber, 160 mg sodium.

Source: *The South Beach Diet Quick & Easy Cookbook*, by Arthur Agatston, MD

Comments: This is easy to prepare and quick to cook. The ingredients are easy to have on hand, and the flavor is wonderful! We usually serve this with a slice of toast and some fresh fruit. It's perfect for a special breakfast or brunch.