

# SCRAMBLED EGGS WITH SALMON, ASPARAGUS & GOAT CHEESE

## INGREDIENTS

- 1 T Smart Balance Margarine Light (comes with with flax oil)
- 1 Onion (red) (small) (chopped)
- 8 Asparagus (break off woody bottoms) (cut into 1 inch pieces)
- Salt & Pepper (to taste)
- 2 C Egg substitute **OR** 8 eggs
- 2 T Milk (fat-free) **OR** almond milk **OR** rice milk
- 1/4 C Goat cheese (crumbled)
- 4 oz Smoked Salmon (cut iinto small pieces)



## DIRECTIONS

- 1 Heat the margarine in a saute pan over medium-heat
- 2 Saute the onion, mixing frequently (5 minutes)
- 3 Add the asparagus & cook until just tender (not wilted)
- 4 Season with salt & pepper
- 5 In a large bowl mix the egg substitute, milk & a few pinches of salt & pepper
- 6 Add the egg mix to the onion & asparagus mix
- 7 Turn the heat to low
- 8 After a few minutes start stirring, scraping & flipping the omelette pieces
- 9 When you think the mix is almost done add the goat cheese & continue stirring, scraping & flipping for 1 - 2 minutes
- 10 Mix the salmon in & then remove the pan from the stove top

