

Scrambled Eggs with Ham and Cheese

From the *Laugh it Off Ladies* at doesthisblogmakeuslookfat.com



This is basic and easy and it's the perfect reminder that you don't have to separate out yolks, skip the cheese, and you CAN cook with a little butter in the skillet. This sunny breakfast just seems luscious and there's no deprivation in site. Here's our basic scrambled recipe.

Scrambled Eggs with Ham and Cheese (serves one)

3 eggs

1/4 cup diced ham

1/4 cup shredded cheddar cheese

1/4 cup skim milk

Salt and Pepper to taste

Nutritional Information: Approximately 4 Carbohydrates (this comes from the ham with a little honey in it), Calories 490