

Soft Scrambled Eggs with Ricotta and Turmeric

Makes 4 servings of ~1/4 cup

Ingredients:

2 eggs

½ cup Fairlife or other dairy or non-dairy milk of your choice

½ cup ricotta cheese

½ teaspoon turmeric

1/8 teaspoon pepper (or to taste)

Preparation:

1. Preheat the pan with a very light coating of olive oil.
2. Whisk the eggs and milk thoroughly together.
3. Add egg mixture to the pan and cook until eggs are soft-set, stirring gently from time to time.
4. When the eggs are just set, gently stir in ricotta, and cook until warmed through.
5. Sprinkle with turmeric and divide as needed onto a serving dish or in a plastic container for storage in the refrigerator.

Nutrition analysis per ¼ cup serving (using Fairlife milk and low-fat ricotta cheese): 76 kcal, 5 g protein, 2 g carbohydrate, 4 g fat

Mercy Dietitians