

Smoked Salmon Scramble

- 1 large egg
- 2 chives chopped
- 1/4 teaspoon Himalayan sea salt
- 2 teaspoons butter
- 1.5 ounces thinly sliced smoked salmon, chopped

1. In a bowl, whisk together the egg, chives, and salt.
2. Heat the butter in a sauté pan over medium heat.
3. Add the egg mixture to the pan, and cook, stirring occasionally until almost set, about 4 minutes.
4. Stir in the salmon and continue to cook for 1 minute longer.

Makes 1 serving

Serving Size: 3 oz protein

Enjoy with 1 serving of on plan fruit & 2 servings of vegetables for a complete meal.

