

SALMON AND EGGS★★★★★

COURSE: BREAKFAST CUISINE: AMERICAN

KEYWORD: SALMON AND EGGS PREP TIME: 5 MINUTES

COOK TIME: 10 MINUTES TOTAL TIME: 15 MINUTES SERVINGS: 2

CALORIES: 278KCAL AUTHOR: MEGAN GILMORE



Smoked salmon is paired with scrambled eggs, red onion, and fresh dill for a delicious, protein-packed breakfast that will leave you feeling full for hours. It's ready to eat in less than 15 minutes!

INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 1/2 medium red onion , diced (1/2 cup)
- 4 large eggs
- Salt & pepper
- 3 ounces smoked salmon , torn into small pieces
- 1 tablespoon freshly minced dill

INSTRUCTIONS

1. Heat the olive oil in a non-stick skillet over medium heat, and saute the onion until tender, about 5 minutes.
2. Crack the eggs into a bowl, and season with a hefty pinch of salt and pepper. Pour them into the pan, and stir often to start scrambling them with the red onion.
3. When the eggs are starting to set, but are still soft, add in the smoked salmon pieces and fresh dill. Continue stirring, until the salmon becomes more opaque, and the eggs are finished cooking.
4. Serve warm right away. Leftovers can be stored in an airtight container in the fridge for up to 3 days.

NOTES

Nutrition information is for half of the recipe. This information is automatically calculated, and is just an estimate, not a guarantee.

NUTRITION

Calories: 278kcal | Carbohydrates: 4g | Protein: 21g | Fat: 19g | Saturated Fat: 5g |

Polyunsaturated Fat: 3g | Monounsaturated Fat: 10g | Cholesterol: 383mg | Sodium: 459mg |

Potassium: 241mg | Fiber: 1g | Sugar: 2g | Vitamin A: 558IU | Vitamin C: 2mg | Calcium: 61mg |

Iron: 2mg