



Cali Chicken Egg Scramble



Entire recipe: 350 calories, 10g total fat (4g sat fat), 725mg sodium, 17.5g carbs, 3g fiber, 3g sugars, 46g protein

Green Plan [SmartPoints](#)® value 7*

Blue Plan (Freestyle™) [SmartPoints](#)® value 5*

Purple Plan [SmartPoints](#)® value 4*

Prep: 5 minutes **Cook:** 10 minutes



More: [Breakfast Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

Ingredients

2/3 cup frozen shredded hash browns
2/3 cup egg whites or fat-free liquid egg substitute (like Egg Beaters Original)
3 oz. cooked and chopped skinless chicken breast
3 tbsp. shredded reduced-fat cheddar cheese
2 tbsp. salsa or pico de gallo with 90mg of sodium or less per serving
1 oz. sliced avocado (about 1/4th of an avocado)
Optional seasonings: salt, black pepper

Directions

Bring a skillet sprayed with nonstick spray to medium-low heat. Cook and stir hash browns until hot and browned, about 6 minutes. Transfer to a medium bowl, and cover to keep warm.

Remove skillet from heat; clean, if needed. Re-spray skillet, and bring to medium heat. Add egg whites/substitute and chicken breast. Scramble until egg is fully cooked and chicken is warm, about 3 minutes. Stir in cheese and salsa, and transfer to the bowl of hash browns.

Top with avocado, and enjoy!

MAKES 1 SERVING

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.