Veggie Egg Scramble

This protein-packed dish is perfect for breakfast, lunch, or dinner. Serve with whole grain toast and fruit to round out this tasty meal.

Serves 6

Ingredients

- 1 teaspoon olive oil
- 2-3 cups vegetables, chopped (greens, bell pepper, mushrooms, onion, zucchini, etc.)
- 1 tablespoon fresh herbs, chopped (optional)
- 6 eggs
- ½ cup low-fat milk
- ¾ cup low-fat, shredded cheese
- Salt and pepper to taste

Directions

1. In a large skillet, heat olive oil over medium heat.
2. Add chopped vegetables and sauté for 3-6 minutes, or until slightly tender.
3. If using, add herbs and cook for 1-2 minutes more.
4. Beat eggs and milk together in a mixing bowl with a wire whisk.
5. Pour egg mixture into the skillet with the vegetables and cook, stirring constantly until eggs are cooked through, about 5 minutes more.
6. Sprinkle cheese over the egg mixture and cook for 1-2 minutes, until cheese is melted.
7. Season with salt and pepper to taste. Serve hot and enjoy!

Nutrition Facts

Serving Size About 1 Cup
Servings Per Recipe 6

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 200</th>
<th>Calories from Fat 120</th>
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</thead>
<tbody>
<tr>
<td>Total Fat 13g</td>
<td>20%</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat 6g</td>
<td>30%</td>
<td></td>
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<tr>
<td>Trans Fat 0g</td>
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<td></td>
</tr>
<tr>
<td>Cholesterol 185mg</td>
<td>62%</td>
<td></td>
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<tr>
<td>Sodium 310mg</td>
<td>13%</td>
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</tr>
<tr>
<td>Total Carbohydrate 6g</td>
<td>2%</td>
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</tr>
<tr>
<td>Dietary Fiber 1g</td>
<td>4%</td>
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<tr>
<td>Sugars 4g</td>
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<tr>
<td>Protein 15g</td>
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</tbody>
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Vitamin A 30% • Vitamin C 40%
Calcium 35% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
Calories: 2,000 2,500

Total Fat Less than 65g 80g
Saturated Fat Less than 20g 25g
Cholesterol Less than 300mg 350mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

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