

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



Nutrition Facts

Serving Size About 1 Cup
Servings Per Recipe 6

Amount Per Serving

Calories 200 **Calories from Fat** 120

% Daily Value*

Total Fat 13g **20%**

Saturated Fat 6g **30%**

Trans Fat 0g

Cholesterol 185mg **62%**

Sodium 310mg **13%**

Total Carbohydrate 6g **2%**

Dietary Fiber 1g **4%**

Sugars 4g

Protein 15g

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	300mg
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.

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!

