

Asparagus Scramble

Number of Servings: 8
 Preparation Time: 10 minutes
 Total Time: 18 minutes

Ingredients:

1 bunch of asparagus
 ½ onion, chopped
 8 eggs
 1/3 cup water
 1 teaspoon Italian seasoning
 1 tablespoon garlic, minced
 1 tablespoon parmesan cheese, grated
 Non-stick cooking spray

Equipment Needed:

Cutting board
 Knife
 Measuring cups and spoons
 Non-stick skillet with lid
 Medium bowl
 Fork
 Grater
 Spatula

Directions

- Evenly coat pan with non-stick cooking spray.
- Mince garlic. Cut onion in half and chop one half (save the other half). Rinse asparagus, remove bottom of stems, and cut into 1 inch long pieces.
- Over medium heat, sauté garlic and onion until onions are translucent. Add asparagus and cook until tender-crisp and bright green.
- Meanwhile, in a medium bowl, beat together eggs, water and seasoning until well blended.
- Pour over vegetables in pan and cover. Cook until egg firms (about 3 minutes) and then stir. Continue until egg is cooked through.
- Sprinkle with parmesan cheese and serve hot.



**Use spices, herbs and
 garlic to flavor food
 instead of salt!**

For more recipes, please visit:
www.fcs.ext.vt.edu/recipes



Join us on social media:
www.facebook.com/vafnp
www.twitter.com/vafnp

Nutrition Facts

Serving Size: 1 cup	
Recipe makes 8 servings	
Calories 93	
Calories from Fat 6g	(51%)
Amount Per Serving	
%DV	
Total Fat 6g	9%
Saturated Fat 2g	9%
Monounsaturated Fat 2g	9%
Polyunsaturated Fat 1g	3%
Trans Fat 0g	
Cholesterol 213mg	71%
Sodium 114 mg	5%
Potassium 238mg	7%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	6%
Protein 9g	17%
Vitamin A 1415 IU	28%
Vitamin B6 .1mg	7%
Vitamin B12 .7mcg	11%
Vitamin C 43mg	71%
Calcium 68 mg	7%
Iron 1mg	8%

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.