

Arugula scramble

Number of servings: 2

Preparation time: 10 minutes

Total time: 15 minutes

Ingredients:

- 4 eggs
- 1/4 cup 1% milk
- 1/3 cup sharp cheddar cheese, grated
- 1/2 teaspoon salt and pepper
- 1/8 teaspoon nutmeg
- 1 cup of arugula, rinsed and chopped
- Spray for pan

Equipment Needed:

- Cutting board
- Knife
- Sauté pan
- Medium bowl
- Fork
- Measuring spoons and cup
- Grater

Directions

- In a medium bowl, add eggs and milk. Whisk with fork until pale yellow in color. Add salt, pepper, nutmeg. Whisk until combined. Set aside.
- Place a large sauté pan over medium-low heat and spray. Once hot, add eggs mixture and let sit for 30 seconds to 1 minute or until the bottom of eggs begins to cook. Using a figure eight motion, continue to mix the eggs until just slightly wet. Mix in arugula and continue to stir and cook until eggs are done. Remove from heat and mix in cheese.

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Nutrition Facts

Serving Size: about 1 cup

Recipe makes 2 servings

Calories 166

Calories from Fat 106

Amount Per Serving

| | %DV |
|------------------------------|-----|
| Total Fat 12g | 18% |
| Saturated Fat 6g | 29% |
| Monounsaturated Fat 4g | |
| Trans Fat 0g | |
| Cholesterol 233mg | 78% |
| Sodium 5 mg | 0% |
| Potassium 339 mg | 14% |
| Total Carbohydrate 3g | 1% |
| Dietary Fiber | 1% |
| Protein | 25% |
| Vitamin A | 17% |
| Vitamin C | 3% |

**Serve these eggs with
 a slice of whole grain
 toast!**

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