

Asparagus Scramble

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:

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

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

Directions

1. Evenly coat pan with non-stick cooking spray.
2. 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.
3. Over medium heat, sauté garlic and onion until onions are translucent. Add asparagus and cook until tender, crisp, and bright green.
4. Meanwhile, in a medium bowl, beat together eggs, water and seasoning until well blended.
5. Pour over vegetables in pan and cover. Cook until egg firms (about 3 minutes) and then stir. Continue until egg is cooked through.
6. Sprinkle with parmesan cheese and serve hot.



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Nutrition Facts

Serving Size: 1 cup	
Servings: 8	
Amount Per Serving	
Calories 93	Calories from Fat 54
%Daily Value*	
Total Fat 6g	9%
Saturated Fat 2g	9%
Cholesterol 213mg	71%
Sodium 114mg	5%
Potassium 238mg	7%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	6%
Protein 9g	17%
Vitamin A 28%	Vitamin C 71%
Iron 8%	Calcium 7%

*Percent Daily Values are based on a 2,000 calorie diet.

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