

Eat Smart • Move More

Basic Scrambled Eggs

Prep Time: 5 minutes

Total Time: 10 minutes



Ingredients

- 2 eggs
- 2 tablespoons 1% milk
- 1/8 teaspoon ground black pepper
- 1/8 teaspoon salt
- 1/2 teaspoon canola oil

Nutrition Facts

2 servings per container	
Serving size	1 serving
	(66.89g)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 215mg	72%
Sodium 220mg	10%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars <1g	
Includes g of Added Sugars	
Protein 7g	
Vitamin D 1mcg	4%
Calcium 69mg	6%
Iron 1mg	4%
Potassium 146mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

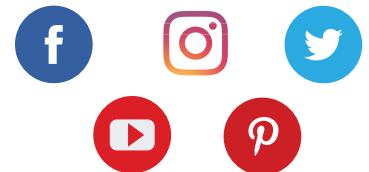
Directions

- Beat eggs, milk, pepper, and salt until blended in a mixing bowl.
- Heat oil in a skillet over medium heat until hot.
- Pour in egg mixture.
- As eggs begin to set, slowly pull the spatula across the pan until big, soft lumps form.
- Continue cooking by pulling, lifting, and folding eggs until thickened and no visible liquid remains.
- Remove from heat and serve immediately.

Quick Tips

- ▶ Serve alongside whole-wheat toast.
- ▶ Add vegetables, such as mushrooms, onions, or bell peppers. Top with cheese, parsley or chives.
- ▶ Breakfast is important to help fuel your mind and body for the day ahead!

Follow us | Like us



www.eatsmartmovemoreva.org

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

This work was supported by the USDA National Institute of Food and Agriculture, Expanded Food and Nutrition Education Program. In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)

**Virginia Cooperative Extension**
Virginia Tech • Virginia State University

Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer.

(Recipe adapted from: <http://www.incredibleegg.org>.)

www.eatsmartmovemoreva.org