

Eat Smart • Move More

Arugula Scramble

Prep Time: 10 minutes

Total Time: 15 minutes



Ingredients

- 4 eggs
- ¼ cup 1% milk
- ½ teaspoon ground black pepper
- ⅛ teaspoon ground nutmeg
- ½ teaspoon canola oil
- 1 cup arugula, chopped
- ⅓ cup reduced fat cheddar cheese, grated



Directions



1. Beat eggs, milk, black pepper, and nutmeg in a bowl, until well blended.



2. Heat oil in a skillet over medium-low heat until hot.
3. Pour in egg mixture.



4. As eggs begin to set, slowly pull spatula across the pan until big, soft lumps form. Mix in arugula.



5. Continue cooking by pulling, lifting, and folding eggs until no visible liquid remains.
6. Remove from heat, mix in cheese, and serve immediately.

Nutrition Facts

2 servings per container		1 serving
Serving size		(149.38g)
Amount per serving		190
Calories		% Daily Value*
Total Fat	13g	17%
Saturated Fat	4.5g	23%
Trans Fat	0g	
Cholesterol	380mg	127%
Sodium	200mg	9%
Total Carbohydrate	3g	1%
Dietary Fiber	0g	0%
Total Sugars	2g	
Includes g of Added Sugars		
Protein	16g	
Vitamin D	2mcg	10%
Calcium	167mg	15%
Iron	2mg	10%
Potassium	233mg	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.

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(Recipe adapted from: <http://www.theowlwiththegoblet.com>.)

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