



# Scrambled Eggs



## Ingredients



- 6 medium or large eggs
- 1/4 teaspoon pepper
- 1/2 teaspoon oregano or basil
- 1/3 cup shredded cheese
- 2 teaspoons oil
- 1 small onion, chopped (about 2/3 cup)
- 1 clove garlic, chopped (or 1/8 teaspoon garlic powder)
- 2 cups fresh, canned or frozen mixed vegetables



## Directions



1. Beat eggs with pepper, oregano or basil, and cheese in a medium bowl.
2. Heat oil in a medium skillet. Add onions, garlic, and other vegetables and cook on medium until soft.
3. Pour egg mixture over vegetables. Using a spatula, stir the eggs constantly, scraping bottom of pan.
4. Cook until eggs are set, about 6 minutes.



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# Fast Facts



This Recipe Provides



Vitamin A



Protein



Vitamin C

Cooking Tips



### *Make a Veggie Egg Skillet!*

- Pour egg mixture over vegetables. With knife or spatula, lift outer edges of eggs so egg mixture flows to the center of the pan.
- Cook until eggs are set, about 6 minutes. Top with tomato slices.
- Cut into 8 wedges; serve hot.

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Nutrition Facts



### Nutrition Facts

Serving Size 1 wedge (115g)  
Servings Per Container 8

Amount Per Serving

**Calories 110**    **Calories from Fat 60**

% Daily Value\*

**Total Fat 7g**    **11%**

Saturated Fat 2.5g    **13%**

Trans Fat 0g

**Cholesterol 145mg**    **48%**

**Sodium 150mg**    **6%**

**Total Carbohydrate 4g**    **1%**

Dietary Fiber 1g    **4%**

Sugars 2g

**Protein 7g**

Vitamin A 10%    •    Vitamin C 10%

Calcium 8%    •    Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



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