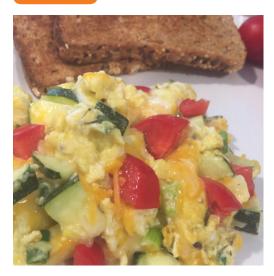
Veggie Egg Scramble

This protein-packed dish is perfect for breakfast, lunch, or dinner. Serve with whole grain toast and fruit to round out this tasty meal.

Serves 6



Nutrition Facts Serving Size About 1 Cup Servings Per Recipe 6 **Amount Per Serving** Calories 200 Calories from Fat 120 % Daily Value* Total Fat 13g 20% Saturated Fat 6g 30% Trans Fat 0g Cholesterol 185mg 62% Sodium 310mg 13% Total Carbohydrate 6g 2% Dietary Fiber 1g 4% Sugars 4g Protein 15g Vitamin A 30% Vitamin C 40% Calcium 35% • 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: Total Fat Less than Saturated Fat Less than 20g 25q Cholesterol Less than 300mg 300mg Sodium Less than 2.400mg 2,400mg Total Carbohydrate 300g 375g Dietary Fiber Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

Ingredients

- 1 teaspoon olive oil
- 2-3 cups vegetables, chopped (greens, bell pepper, mushrooms, onion, zucchini, etc.)
- 1 tablespoon fresh herbs, chopped (optional)
- 6 eggs
- ½ cup low-fat milk
- ¾ cup low-fat, shredded cheese
- Salt and pepper to taste

Directions

- 1. In a large skillet, heat olive oil over medium heat.
- 2. Add chopped vegetables and sauté for 3-6 minutes, or until slightly tender.
- 3. If using, add herbs and cook for 1-2 minutes more.
- 4. Beat eggs and milk together in a mixing bowl with a wire whisk.
- 5. Pour egg mixture into the skillet with the vegetables and cook, stirring constantly until eggs are cooked through, about 5 minutes more.
- 6. Sprinkle cheese over the egg mixture and cook for 1-2 minutes, until cheese is melted.
- 7. Season with salt and pepper to taste. Serve hot and enjoy!

