Harvest Scrambled Eggs

Make meals and memories together.
It's a lesson they'll use for life.

Serves 2

2 teaspoons	Vegetable Oil
½ small	**Onion** (diced)
½ small	**Carrot** (grated)
½ cup	**Spinach** (chopped)
½ small	**Red Bell Pepper** (diced)
4 large	**Eggs** (beaten)
½ teaspoon	Salt
	Black Pepper (to taste)

1. In a large skillet, sauté onion, carrot, spinach and bell pepper in oil over medium heat until tender.
2. Pour beaten eggs over sautéed vegetables in skillet.
3. Add salt and pepper; stir well and cook eggs over medium heat.
4. Once eggs are firm, remove from heat; serve immediately.

Foods in bold are WIC approved

Original recipe by Katie Brinker

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Nutrition Facts

Serving Size 1/2 recipe (176g)
Servings Per Container 2

Amount Per Serving

Calories 200	Calories from Fat 120
	% Daily Value*
Total Fat 13g	**20%**
Saturated Fat 3.5g	**18%**
Cholesterol 370mg	**123%**
Sodium 720mg	**30%**
Total Carbohydrate 7g	**2%**
Dietary Fiber 2g	**8%**
Sugars 4g	
Protein 12g	

Vitamin A 90% • Vitamin C 60%
Calcium 8% • Iron 10%

*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	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram
Fat 9 • Carbohydrate 4 • Protein 4

Recipe Tips:

- If using canned or frozen spinach, rinse and drain well, and decrease amount to ¼ cup
- Substitute vegetables in recipe for other fresh, frozen or canned varieties
- Experiment with herbs for a different flavor

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-842-1508.