Basic Scrambled Eggs

Number of servings: 2  
Preparation time: 5 minutes  
Total time: 10 minutes

Ingredients:
- 2 eggs
- 2 tablespoons 1% milk
- ¼ teaspoon ground black pepper
- ½ teaspoon salt
- ½ teaspoon butter

Equipment Needed:
- Measuring spoons
- Whisk or fork
- Mixing bowl
- Skillet
- Spatula

Directions
- Beat eggs, milk, pepper, and salt until blended in a mixing bowl.
- Heat butter in 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.

Nutrition Facts

Serving Size 1 serving (66.94g)
Servings Per Container 2

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 90</td>
<td>Calories from Fat 60</td>
</tr>
<tr>
<td>Total Fat 6g</td>
<td>9%</td>
</tr>
<tr>
<td>Saturated Fat 2.5g</td>
<td>13%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol 215mg</td>
<td>72%</td>
</tr>
<tr>
<td>Sodium 220mg</td>
<td>9%</td>
</tr>
<tr>
<td>Total Carbohydrate 1g</td>
<td>0%</td>
</tr>
<tr>
<td>Dietary Fiber 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Sugars &lt;1g</td>
<td></td>
</tr>
<tr>
<td>Protein 7g</td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 8%  
Vitamin C 0%  
Calcium 6%  
Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

Breakfast is important to help fuel your mind and body for the day ahead!

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

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA’s Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (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 your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.

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