

# EASY EGG SCRAMBLE

<b>Culinary Intro:</b>	Enjoy breakfast tacos by preparing a colorful and flavorful egg scramble.
<b>Nutrition Intro:</b>	Eggs are a highly nutritious, versatile and easy to prepare food.

<p><b>Prep Time:</b> 20 minutes  <b>Ingredients for 2 servings:</b>  <b>Each serving = about 1 egg</b>  <b>Cost per serving=\$0.47</b></p> <ul style="list-style-type: none"> <li>• 1 Tablespoon olive oil</li> <li>• ½ red or green bell pepper, finely chopped</li> <li>• ¼ red onion, finely chopped</li> <li>• ¼ cup finely chopped parsley or cilantro</li> <li>• 4 large eggs, beaten</li> <li>• 2 egg whites, beaten</li> <li>• pinch salt</li> <li>• freshly ground black pepper</li> </ul> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Heat a large skillet over medium heat. Add the oil, then add the bell pepper and onion. Let sizzle and brown slightly, and then stir to heat through.</li> <li>2. Add the parsley or cilantro and cook until just starting to wilt. Season with salt and pepper. Add the eggs; let them set around the edges, then start folding back and forth. Scramble until no longer runny.</li> <li>3. Turn the heat off. Divide the eggs into four portions. Serve on a plate</li> </ol> <p>Optional additions:</p> <ul style="list-style-type: none"> <li>• 1 jalapeno, seeded and finely chopped</li> <li>• ¼ cup finely chopped mushrooms</li> <li>• ¼ cup finely chopped broccoli stems</li> <li>• ¼ cup finely chopped asparagus spears</li> <li>• cooked and drained beans</li> </ul>	<b>Culinary/ Nutrition Notes for Demo:</b>	
	<b>1</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• heat is an important element when preparing eggs</li> </ul> <p><b>Nutrition:</b></p> <p><u>Eggs</u></p> <ul style="list-style-type: none"> <li>• One large egg contains 6 grams of protein</li> <li>• Our body uses protein to: a) build and repair body tissues, b) grow strong hair and nails, c) help fight infection, d) maintain healthy muscles.</li> <li>• One egg will provide about 50% of the requirements for vitamin B12. We find vitamin B12 mainly in animal foods.</li> <li>• For patients with diabetes or difficulty controlling LDL levels (bad cholesterol), the recommendation for dietary intake of eggs is no more than 3 eggs per week.</li> </ul> <p><u>Onion</u></p> <ul style="list-style-type: none"> <li>• Part of the allium family of vegetables. Add nutritional value to the recipe.</li> <li>• Onion is rich in inulin, a type of prebiotic.</li> </ul>
	<b>2</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• separate yolk from the whites</li> <li>• add other ingredients, like mushrooms or broccoli stems to bulk up eggs</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>• Adding veggies increases the nutritional quality of the eggs scramble.</li> </ul>
<b>3</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• enjoy the breakfast scramble with whole wheat toast or corn tortillas for tacos</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>• Avocados are botanically classified as a fruit. Their creamy texture is due to their richness in monounsaturated fats, the kind that is heart-healthy. Avocados are also rich in folate, vitamin A, C, B6 and soluble fiber.</li> <li>• Avocado phytonutrient benefits include: cholesterol-lowering plant sterols, glutathione which is an antioxidant that decreases risk factors associated with some type of cancer, and lutein an antioxidant that may promote eye health.</li> <li>• Whole grains provide more dietary fiber and vitamins than refined grains. Examples of whole grains include corn tortillas, whole wheat bread, and brown rice. Examples of refined grains include flour tortillas, and white bread. Try to make at least half of your grains, whole grains.</li> </ul>	

**Nutrition Facts**

Serving Size (99g)

Servings Per Container

Amount Per Serving

**Calories 120**    Calories from Fat 80

% Daily Value\*

**Total Fat 8g**                      **12%**Saturated Fat 2g                      **10%**

Trans Fat 0g

**Cholesterol 185mg**                      **62%****Sodium 170mg**                      **7%****Total Carbohydrate 3g**                      **1%**Dietary Fiber 1g                      **4%**

Sugars 1g

**Protein 8g**

Vitamin A 15%    •    Vitamin C 40%

Calcium 4%    •    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

**Clean-up/Review comments****Culinary:**

A very versatile recipe that can be easily modified to include a variety of veggies.

**Nutrition:**

Eggs are a highly nutritious food, enjoy them in many ways. Try to choose fresh over processed eggs.

Materials	Shopping List	Qty.
<ol style="list-style-type: none"> <li>1. 1 cutting board</li> <li>2. 1 Chef's knife</li> <li>3. 1 bowl for trash</li> <li>4. 1 large bowl for eggs</li> <li>5. 1 whisk</li> <li>6. 1 spatula</li> <li>7. silicone spatula</li> <li>8. mise en place cups</li> <li>9. 1 electric skillet</li> <li>10. extension cord</li> <li>11. measuring cups</li> <li>12. measuring spoons</li> <li>13. paper plates/ cups/ soufflé cups</li> <li>14. paper towels</li> <li>15. tablecloth</li> <li>16. kitchen towel</li> <li>17. gloves</li> <li>18. copies of recipe</li> </ol>	<p><b>Produce (Pick a variety from below)</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 red bell pepper</li> <li><input type="checkbox"/> 1 green bell pepper</li> <li><input type="checkbox"/> 1 poblano pepper</li> <li><input type="checkbox"/> 1 small red onion</li> <li><input type="checkbox"/> 1 bunch cilantro</li> <li><input type="checkbox"/> 1 bunch parsley</li> <li><input type="checkbox"/> 1 package mushrooms</li> <li><input type="checkbox"/> 1 head broccoli</li> </ul>	
	<p><b>Dry Goods</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> whole wheat bread</li> <li><input type="checkbox"/> corn tortillas</li> </ul>	
	<p><b>Perishables</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 dozen eggs</li> </ul>	
	<p><b>Condiments</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> salt</li> <li><input type="checkbox"/> pepper</li> <li><input type="checkbox"/> 1 small jar extra virgin olive oil</li> </ul>	
	<p><b>Paper Goods</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> paper plates</li> <li><input type="checkbox"/> forks</li> <li><input type="checkbox"/> paper bowls</li> <li><input type="checkbox"/> napkins</li> </ul>	
<p><b>Prepping for demo:</b></p> <ul style="list-style-type: none"> <li>• Shop for ingredients/ Ensure all ingredients are available</li> <li>• Rinse &amp; dry produce</li> <li>• Prep &amp; store for demo as requested in recipe</li> <li>• Label all mise en place items</li> <li>• Make sure to leave a portion of produce items intact for demo purposes</li> <li>• If recipe will be sampled by a large audience, prepare a large batch of ingredients ahead of time for easy execution during demo</li> <li>• Ensure all equipment is in place and set up table with a tablecloth</li> <li>• Display ingredients in a visually appealing manner and in a way that flows with the sequence of recipe</li> </ul> <p><b>Estimated time for preparation:</b> ½ hour</p>		