



Scrambled Eggs

Makes: 20 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
20	eggs	20
½ cup	milk or water	125 mL
¼ tsp	salt	1 mL
Optional:	cheese, grated salsa, well drained vegetables, sautéed herbs, fresh or dried	

Instructions

1. Whisk eggs and milk (or water) together. Add salt.
2. Spray a frying pan with cooking spray and heat over medium-high heat.
3. Pour egg mixture into pan, and immediately reduce heat to medium-low. As eggs begin to set, gently move spatula across bottom and side of skillet to form large, soft curds.
4. Cook until eggs are thickened and no visible liquid egg remains.
5. Add Optional ingredients if using.

Nutrition Information	
Serving 1 egg (30 g)	
Calories	80
Fat	5 g
	Saturated 1.5 g
	+ Trans 0 g
Sodium	95 mg
Carbohydrates	0 g
	Fibre 0 g
	Sugars 1 g
Protein	7 g
	Calcium 30 mg
	Iron 0.5 mg

Food Guide Servings
½ Meat & Alternative