



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 |