

Scrambled Eggs

Eggs make a quick, easy meal anytime!

 **Level: Easy**

Serves 4

Kids' Tool Kit

Mixing bowl
Measuring cups 
Measuring spoons
Fork or whisk
Skillet or pan
Spatula
Spoon
Knife

Chef's Choice

Scrambled Eggs
Toast
Peaches
Milk

Ingredients:

6 eggs
1/3 cup milk
1/4 teaspoon salt
1/4 teaspoon pepper
2 tablespoons butter or margarine



Directions:

Remember to wash your hands!

1. Break eggs into a medium-size bowl.
2. Pour milk into bowl with eggs.
3. Add salt and pepper.
4. Beat egg mixture with fork or wire whisk.
5. Place butter or margarine in skillet. Put pan on stove over low heat.
6. When butter is melted, add beaten egg mixture.
7. Stir eggs with spatula. Cook until eggs are slightly firm.



Helpful Hints: Eggs are high in protein and can overcook if cooked at too high a temperature. A low heat for slow cooking results in evenly cooked, delicious eggs.

For easy clean-up, rinse bowl and utensils in cold water. This will prevent the egg from hardening, as it might if rinsed with hot water. Be sure to wash all equipment and utensils in hot, soapy water.



Safety Tip: Be sure to wash hands before and after handling raw eggs. Hands carry bacteria that can spread to other foods, dishes, or people if they aren't washed thoroughly.

Nutrition Facts

Serving Size 1/2 cup (115g)
Servings Per Container 4

Amount Per Serving		
Calories	190	Calories from Fat 130
% Daily Value*		
Total Fat	14g	22%
Saturated Fat	4.5g	24%
Cholesterol	375mg	125%
Sodium	330mg	14%
Total Carbohydrate	2g	1%
Dietary Fiber	0g	0%
Sugars	2g	
Protein	12g	
Vitamin A	15%	Vitamin C 0%
Calcium	8%	Iron 8%

*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

For more information about this and other fun recipes: contact your county extension office or visit the Web site at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.