

## Scrambled Eggs

*Eggs make a quick, easy meal anytime!*

4 servings

### Ingredients:

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

### Directions:

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

**Nutrition Facts:** One 1/2 cup serving provides 190 calories, 14g total fat, 375mg cholesterol, 330mg sodium, 2g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

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K-State Research and Extension  
Family Nutrition Program

**Kids a Cookin'**

www.kidsacookin.ksu.edu

**Chef's Choice**  
Scrambled Eggs  
Toast  
Peaches  
Milk

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