

Scrambled Eggs and Potatoes

A hearty, healthy breakfast!

4 servings

Ingredients:

- 4 medium potatoes
- 1 tablespoon oil
- 1/2 cup chopped onion
- 4 eggs
- 2 tablespoons grated low fat cheese

Directions:

1. Wash potatoes and chop into small pieces.
2. Heat oil in skillet on medium heat.
3. Cook potatoes and onions in skillet until light brown.
4. In a small bowl, mix eggs with fork. Pour over cooked potatoes in skillet. Gently stir and cook until eggs are firm.
5. Sprinkle cheese over mixture.

Nutrition Facts: One cup serving provides 220 calories, 9g total fat, 210mg cholesterol, 90mg sodium, 28g 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.

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice

Scrambled Eggs and Potatoes
Orange slices
Sausage link
Low fat milk

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