



Scrambled Eggs and Potatoes

A hearty, healthy breakfast!

Level: Easy

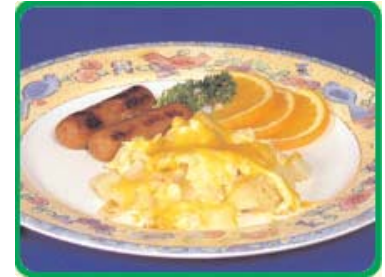
Serves: 4, 1 cup each

Kids' Tool Kit

Cutting board
Knife
Vegetable brush
Measuring spoon
Small bowl
Skillet

Ingredients:

4 medium potatoes
1 tablespoon oil
½ cup chopped onion
4 eggs
2 tablespoons grated low fat cheese



Directions:

Remember to wash your hands!

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.

Chef's Choice

Scrambled Eggs and Potatoes
Orange slices
Sausage link
Low fat milk



Helpful Hints: Leftover cooked potatoes work well in this recipe too.

Use a cutting board and a sharp knife to chop potatoes and onions. Young children may need adult supervision for this step.



Safety Tips: Scrub potatoes with a clean vegetable brush to remove all dirt and germs. No need to peel potatoes for this recipe.

Nutrition Facts

Serving Size 1 cup (225g)	
Servings Per Container 4	
Amount Per Serving	
Calories 220	Calories from Fat 80
% Daily Value*	
Total Fat 9g	13%
Saturated Fat 2g	10%
Cholesterol 210mg	71%
Sodium 90mg	4%
Total Carbohydrate 28g	9%
Dietary Fiber 3g	13%
Sugars 4g	
Protein 11g	
Vitamin A 6%	Vitamin C 45%
Calcium 6%	Iron 10%
*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	

Source: Book Cooks Nutrition Prop Boxes, Family Nutrition Program, K-State Research and Extension, Saline County.

Suggested book for this cooking activity: *Horton Hatches the Egg* by Dr. Seuss

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