

Make meals and memories together.  
It's a lesson they'll use for life.

## Harvest Scrambled Eggs

*Serves 2*

2 teaspoons Vegetable Oil  
½ small **Onion** (diced)  
½ small **Carrot** (grated)  
½ cup **Spinach** (chopped)  
½ small **Red Bell Pepper** (diced)  
4 large **Eggs** (beaten)  
½ teaspoon Salt  
Black Pepper (to taste)

1. In a large skillet, sauté onion, carrot, spinach and bell pepper in oil over medium heat until tender.
2. Pour beaten eggs over sautéed vegetables in skillet.
3. Add salt and pepper; stir well and cook eggs over medium heat.
4. Once eggs are firm, remove from heat; serve immediately.

Foods in bold are WIC approved



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<b>Nutrition Facts</b>	
Serving Size 1/2 recipe (176g)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories 200</b>	<b>Calories from Fat 120</b>
<b>% Daily Value*</b>	
<b>Total Fat 13g</b>	<b>20%</b>
Saturated Fat 3.5g	<b>18%</b>
<b>Cholesterol 370mg</b>	<b>123%</b>
<b>Sodium 720mg</b>	<b>30%</b>
<b>Total Carbohydrate 7g</b>	<b>2%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 4g	
<b>Protein 12g</b>	
<b>Vitamin A 90%</b>	<b>Vitamin C 60%</b>
<b>Calcium 8%</b>	<b>Iron 10%</b>
*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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram	
	Fat 9 · Carbohydrate 4 · Protein 4

Recipe Tips:

- ✧ If using canned or frozen spinach, rinse and drain well, and decrease amount to ¼ cup
- ✧ Substitute vegetables in recipe for other fresh, frozen or canned varieties
- ✧ Experiment with herbs for a different flavor

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-842-1508.