

Farmer's Favorite Egg Scramble



This breakfast inspired recipe with eggs, bacon, potatoes, and vegetables is yummy enough you will want to eat it for any meal, not just in the morning.

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Nutrition Info

Makes: fluid ounces

= cups

= milliliters (mL)

Calories: 430 kcal

Kcals/ mL: kcal/ mL

Carbohydrate: 43%

Protein: 25%

Fat: 33.4%

Make it for the whole family:

Create your scramble as you desire and blend up a portion to enjoy with your tubie!

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Ingredients

- 1 cup skim milk
- 1 slice reduced-sodium bacon, cooked
- 1 egg, scrambled
- 2 tablespoons shredded, sharp cheddar cheese
- 1 cup oven roasted potatoes*
- ¼ cup diced green pepper
- ¼ cup diced red pepper
- ¼ cup sliced fresh mushrooms
- ½ cup fresh spinach (or other leafy green)
- ¼ cup diced, vidalia onion
- ½ teaspoon olive oil
- ¼ teaspoon thyme
- Cooking spray
- Water (optional)

Kitchen Gear

Baking sheet

Chef knife

Cutting board

Measuring tools:

- 1 cup, ½ cup, ¼ cup
- Tablespoon
- ½ teaspoon, ¼ teaspoon

Preparation

1. Add all ingredients to blender in order listed, blend until smooth. Strain if necessary.
2. Thin as desired with water or other fluid such as milk or milk alternative.

Family Style:

1. Spray medium size frying pan with cooking spray. Saute green pepper, red pepper, mushrooms, and onions over medium heat, approximately 5 minutes.
2. Add spinach and 2 eggs. Mix until egg is completely cooked and spinach is wilted. Sprinkle with cheese.
3. Serve with bacon and oven roasted potatoes.

Tips

*Oven roasted potatoes:

1. Combine 4 cups diced potatoes with 3 tablespoons high-heat oil such as canola oil and 1 teaspoon dried thyme leaves. Add salt and black pepper to taste. Mix well.
2. Spray baking sheet with cooking spray and spread the potatoes in a single layer.
3. Bake in 350 degree oven for 20 minutes or until golden brown (time will depend on your oven and the size of your potato pieces).



For more recipes and information visit www.CookingForTubies.com
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