

Ingredients:

2 teaspoons olive oil

3 eggs

1 cup fresh or frozen vegetables, chopped (such as spinach, kale, chard, peppers, peas, onion, summer squash, mushrooms)



Directions:

1. Wash hands with warm water and soap. Wash vegetables with water before preparing.
2. Sauté veggies in a medium skillet with a teaspoon of olive oil. Place in a medium-size bowl.
3. Add 1 teaspoon olive oil to skillet, add eggs and stir over medium heat.
4. When eggs are partially cooked, add sautéed veggies. Cook until eggs are just set. Add a pinch of salt, pepper, and desired toppings.

Nutrition Facts (Per Serving)

Calories, 150; Carbohydrate, 3 g; Protein, 9 g; Total Fat, 11 g; Saturated Fat, 2.5 g; Trans Fat, 0 g; Cholesterol, 245 mg; Fiber, 1 g; Total Sugars, 1 g; Sodium, 100 mg; Calcium, 49 mg; Folate, 51 mcg; Iron, 1.5 mg; Calories from Fat, 66%.

Makes 2 servings; approximately 1 cup each.

The Supplemental Nutrition Assistance Program (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 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.