

Scrambled Eggs with Salsa

Recipe makes: 2 servings (½ recipe per serving)

Preparation time: 5 minutes

Cook time: 8 minutes

Equipment: one set of measuring spoons, one grater, one knife, one cutting board, one toaster, one small mixing bowl, one fork, one small frying pan, one stove or hotplate, one rubber spatula, two serving plates

What you need to make this recipe:

- 2 large eggs
- 1 tablespoon low-fat Monterey jack cheese, shredded
- 1 tablespoon fresh salsa
- 2 slices whole grain bread, lightly toasted
- 1 teaspoon minced fresh cilantro or green onion
- Cooking spray or butter

How to make Scrambled Eggs with Salsa:

1. Crack the eggs into a small bowl.
2. Using a fork, whisk the eggs together until the egg yolks and whites are fully combined.
3. Lightly grease a small non-stick frying pan with cooking spray or butter.
4. Put the pan on the stove or hotplate and turn the heat on to medium.
5. Once the pan is warm, pour the eggs into the pan.
6. Cook the eggs, gently moving the rubber spatula across the bottom and sides of the pan every few minutes to break the eggs into small pieces.
7. When the scrambled eggs are almost firm, add the cheese and salsa to the pan. Stir using a spatula.
8. When the scrambled eggs are firm, take the eggs off the stove or hotplate.
9. Put one slice of the toasted whole grain bread on a plate. Then, put half of the egg mixture onto the bread and top with the cilantro or green onion. Repeat this step for the remaining eggs and bread.

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Nutrition Facts		
Per 1 serving (½ of the recipe)		
Calories	160	% Daily Value*
Fat 5 g		7 %
Saturated 1.5 g		8 %
+ Trans 0 g		
Carbohydrate 16 g		
Fibre 2 g		7 %
Sugars 2 g		2 %
Protein 11 g		
Cholesterol 175 mg		
Sodium 330 mg		14 %
Potassium 100 mg		2 %
Calcium 75 mg		6 %
Iron 0.75 mg		4 %
5% or less is a little , 15% or more is a lot		
Nova Scotia School Food and Beverage Standard: Maximum		

Allergy information:

Contains gluten, milk, and egg.

About this recipe:

Both egg whites and the egg yolks contain protein. Getting enough protein in your diet can help you build and maintain muscles.

Substitutions:

To make this recipe gluten-free, use gluten-free bread.

To make this recipe milk free, use a plant-based cheese product.

Storage information:

The Scrambled Eggs and Salsa can be stored in an airtight container in the fridge for up to 2 days.

