

Scrambled Eggs and Potato

(A quick brunch or supper dish)

Ingredients:

- 1 small baked potato (6 ounces)
- 2 tablespoons green pepper
- 2 tablespoons chopped onion
- 2 eggs slightly beaten with 2 teaspoons water
- 1/8 teaspoon garlic powder
- Pepper
- 1 teaspoon oil
- 1/4 cup shredded low-fat cheese, like mozzarella
- Tomato sauce or salsa



Preparation:

1. Cut the baked potato into cubes or, if raw, cook the potato in the microwave oven.
2. Chop the green pepper and onion, and saute them with the oil in a nonstick pan until they are cooked.
3. Add the potato cubes and heat.
4. Meanwhile, beat the eggs with water, garlic powder, and pepper and add to the heated vegetable mixture.
5. On medium heat, cook the egg mixture, lifting the edges to allow the uncooked mixture to go underneath.
6. When nearly done, turn off the heat, sprinkle cheese on the top, and cover.
7. Fold over to serve, and spread tomato sauce or salsa on top.

Makes one serving. Add fruit, whole-wheat toast, and milk for a complete meal.

The Healthy Eating for Life Program (HELP), Cooperative Extension Service, Kansas State University, Manhattan, Kansas, 1996

Amount Per Serving	
Calories 490	Calories from Fat 170
% Daily Values*	
Total Fat 19g	30%
Saturated Fat 7g	33%
Cholesterol 440mg	147%
Sodium 380mg	16%
Total Carbohydrate 50g	17%
Dietary Fiber 5g	21%
Sugars 5g	
Protein 24g	
Vitamin A 20%	• Vitamin C 70%
Calcium 25%	• Iron 20%
*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	