Barbara’s Country Egg Scramble
Makes 4 Servings

2 tablespoons olive oil
4 or more green onions, thinly sliced
8 eggs, broken into a bowl, BUT NOT STIRRED
1-2 cups spinach, chiffonade
2 large Italian tomatoes, seeded and chopped
4 tablespoons fresh Parmesan or Romano cheese, finely grated

Optional:
2-4 tablespoons fresh herbs, chiffonade or 1-2 teaspoon dried herbs. Try basil, lemon oregano, thyme or tarragon.

1. Heat oil in heavy skillet. Add onions and sauté for a few minutes. Add herbs, if using, and sauté 1-2 minutes more with onions.
2. Pour in eggs and begin to scramble. Cook until they start to set. Add ½ of spinach and stir into eggs. Add remainder of spinach and stir into eggs.
3. Sprinkle tomatoes over egg/spinach mixture and fold them in.
4. Sprinkle cheese over all, turn off heat or remove from heat source and cover for a couple of minutes. Serve hot!

Nutrition Facts
Serv. size 1/4 of recipe (174g)
Serving 4
Calories 240
Fat Cal. 160

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

This material was funded, in part, by USDA’s Basic Food Program through Public Health—Seattle & King County. The Basic Food Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-221-5689. This institution is an equal opportunity provider and employer.