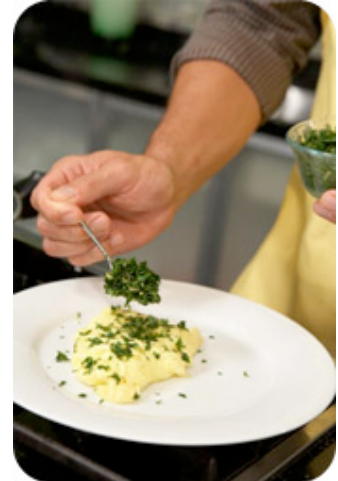


SCRAMBLED EGGS WITH ZESTY TOPPINGS

Prep Time: 5 minutes
Cook Time: 4 minutes
Makes: 6 servings

WHAT YOU NEED

- 8 EGGS
- 1/2 cup milk
- Salt and pepper
- 1 Tbsp. butter
- Asian, Italian OR Mexican Topping (see below)



HERE'S HOW

1. **BEAT** eggs, milk, salt and pepper in a bowl until blended.
2. **HEAT** butter in large nonstick skillet over medium heat until hot. **POUR IN** egg mixture. As eggs begin to set, **GENTLY PULL** the eggs across the pan with an inverted turner, forming large soft curds.
3. **CONTINUE** cooking – pulling, lifting and folding eggs – until thickened and no visible liquid egg remains. **Do not stir constantly. REMOVE** from heat.
4. **SERVE** immediately with desired topping.

TOPPINGS

COMBINE ingredients for topping of your choice in a small bowl; toss to mix well.

- **ASIAN:** 2 Tbsp. chopped fresh cilantro, 2 Tbsp. finely chopped green onion, 2 tsp. freshly grated orange peel and 1 tsp. minced fresh ginger.
- **ITALIAN (Gremolata):** 2 Tbsp. chopped fresh Italian parsley, 2 tsp. freshly grated lemon peel and 1 small clove garlic, minced.
- **MEXICAN:** 2 Tbsp. chopped fresh cilantro, 2 tsp. freshly grated lime peel, 1 to 2 tsp. minced jalapeño pepper and 1 small clove garlic, minced.

INSIDER INFORMATION

- **How long to beat?** It's a matter of preference. Light beating produces more dense scrambled eggs. Vigorous beating aerates the eggs, resulting in lighter fluffier curds.

- **Avoid case iron.** Eggs scrambled in a cast iron skillet can turn a greenish shade. This harmless but unappealing color change is the result of a chemical reaction between iron in the pan and sulfur in egg whites.
- **Don't overcook.** The heat retained in the pan will continue to cook and firm up the eggs after pan is removed from heat.
- **Holding scrambled eggs:** It's best to serve scrambled eggs as soon as they are cooked, but if necessary, they can be held for a short time. Place the skillet of cooked eggs over a pan of hot water rather than over direct heat.

NUTRITION INFORMATION

Nutrition information per serving, using Asian topping: 124 calories; 9 g total fat; 4 g saturated fat; 1 g polyunsaturated fat; 3 g monounsaturated fat; 289 mg cholesterol; 102 mg sodium; 2 g carbohydrate; 0 g dietary fiber; 9 g protein; 448.1 IU Vitamin A; 32.1 IU Vitamin D; 34.0 mcg folate; 62.3 mg calcium; 1.3 mg iron; 171.4 mg choline.

This recipe is an **excellent source** of choline, and a **good source** of protein.

Nutrition information per serving, using Italian topping: 124 calories; 9 g total fat; 4 g saturated fat; 1 g polyunsaturated fat; 3 g monounsaturated fat; 289 mg cholesterol; 103 mg sodium; 2 g carbohydrate; 0 g dietary fiber; 9 g protein; 529.3 IU Vitamin A; 32.1 IU Vitamin D; 34.4 mcg folate; 63.2 mg calcium; 1.3 mg iron; 171.5 mg choline.

This recipe is an **excellent source** of choline, and a **good source** of protein and vitamin A.

Nutrition information per serving, using Mexican topping: 124 calories; 9 g total fat; 4 g saturated fat; 1 g polyunsaturated fat; 3 g monounsaturated fat; 289 mg cholesterol; 102 mg sodium; 2 g carbohydrate; 0 g dietary fiber; 9 g protein; 427.4 IU Vitamin A; 32.1 IU Vitamin D; 32.7 mcg folate; 61.5 mg calcium; 1.2 mg iron; 171.4 mg choline.

This recipe is an **excellent source** of choline, and a **good source** of protein.