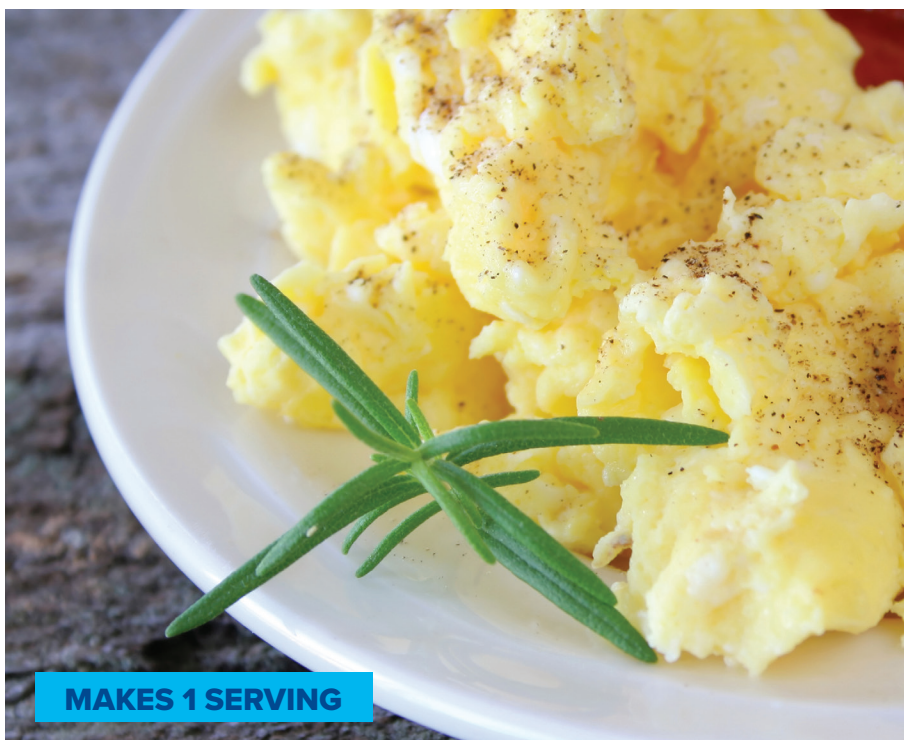


## LESSON 3: FIELD TRIP — GARDEN

### Scrambled Eggs

#### INGREDIENTS

- 2 large eggs
- 2 TBSP milk
- Pinch of Kosher salt
- Pinch of black pepper
- 2 teaspoons butter, unsalted



#### Nutrition Facts

Serving Size: 1 Serving

Amount Per Serving		% Daily Value*
<b>Calories</b>	241.7 kcal	12 %
<b>Total Fat</b>	19.3 g	30 %
Saturated Fat	8.6 g	43 %
Trans Fat	0.3 g	
<b>Cholesterol</b>	396.4 mg	132 %
<b>Sodium</b>	293.2 mg	12 %
<b>Total Carbohydrate</b>	2.7 g	1 %
Dietary Fiber	0 g	0 %
Sugars	2.7 g	
<b>Protein</b>	13.6 g	27 %
<b>Vitamin A</b>	15 %	<b>Vitamin C</b> 0 %
<b>Calcium</b>	9 %	<b>Iron</b> 7 %

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

#### DIRECTIONS

- 1 Crack eggs into a bowl.
- 2 Whisk in milk, salt and pepper until mixture is light and foamy.
- 3 In a small non-stick pan, heat butter on high until butter bubbles.
- 4 Add egg mixture to the middle of the pan.
- 5 Reduce heat to low and slowly stir eggs with a rubber spatula, folding eggs over to ensure even cooking.
- 6 When eggs are solid, but still have a slight shine, remove from heat.
- 7 Serve immediately.