

Mixed Veggies with Eggs

Eggs are a complete protein, having just the right amount of essential amino acids needed to help build tissue and they are reasonably priced at the store!

Makes: 4 servings
Prep Time: 10 minutes
Cook Time: 15 minutes

Source: [commonthreads.org, recipe/ mixed-vegetables-w-eggs](http://commonthreads.org/recipe/mixed-vegetables-w-eggs)

Ingredients

- 1 Tablespoon olive oil
- 1 Small bag frozen mixed vegetables, thawed (about 12 ounce bag)
- 1 Cup spinach (fresh or frozen)
- 4 large eggs
- 6 scallions (about 3/4 cup)
- Salt to taste

Directions

1. Thaw the bag of frozen vegetables.
2. Wash and dry produce.
3. Coarsely chop the white and green parts of the scallions.
4. Measure out the ingredients.
5. In a sauté pan, heat the oil and sauté the vegetables until fully thawed. Add the spinach and cook just until wilted.
6. In a bowl, beat the eggs lightly and pour over the vegetable mixture. Sprinkle with scallions.
7. Cook over moderate heat until the eggs have set.



Small Changes, BIG Difference!



Nutrition Information

Serving Size: 1/4 of the recipe

Nutrients	Amount
Calories:	160
Total Fat:	8.5 g
Saturated Fat:	2.1 g
Cholesterol:	186 mg
Sodium:	120 mg
Total Carbohydrates:	13.3 g
Dietary Fiber:	4.8 g
Total Sugars:	3.9 g
Added Sugars:	0 g
Protein	8.9 g

Utensils Needed

- Knife
- Cutting Board
- Measuring Cups
- Measuring Spoons
- Sauté Pan
- Mixing Spoon
- Medium Sized Bowl
- Whisk or a Fork

SHOPPING LIST

Average total cost without oil and seasonings: \$4.13

Average cost/serving: \$1.03

Recipe makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

Ingredients



Add 1 to Cart
Large Eggs (12 count)



Add 1 to Cart
Frozen Spinach (10 ounce bag)



Add 1 to Cart
Fresh Scallions (Bunch)



Add 1 to Cart
Frozen Mixed Vegetables (12 ounce bag)

SAVE TIME, SAVE MONEY

My Cooking Notes

Storage Tips

- Refrigerator within two hours after serving.

Cooking Tips

- Extra eggs can be used in any muffin, bread, or pancake.
- Frozen spinach can go nicely into any soup such as: Barley Lentil Soup. For this recipe and more inspirational recipes, check out www.snapedny.org.