



Egg and Broccoli Scramble

Looking to add more vegetables to your breakfast menu? Broccoli florets and parmesan cheese are a winning combination in this easy scramble.

Ages: 3–5 years

Prep time: 10 minutes

Makes: 6 servings

Cook time: 7 minutes

the INGREDIENTS

1 ¾ cups (5 oz) broccoli, frozen, chopped, thawed, drained

1 Tbsp water

½ tsp garlic powder

⅛ tsp salt, table

¼ tsp black pepper, ground

6 eggs fresh, large, whole

1 Tbsp Parmesan cheese, grated

Nonstick cooking spray

the DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. In a medium bowl combine eggs, water, garlic powder, salt, pepper, and parmesan cheese. Whisk to mix. Wash hands after touching uncooked eggs.
3. Spray a small nonstick skillet with nonstick cooking spray. Heat skillet on medium-high heat.
4. Sauté thawed broccoli for 3–5 minutes or until broccoli begins to turn brown on the tips of the crowns.
5. Add egg mixture. With a heat-resistant rubber spatula or spoon, stir eggs and broccoli, constantly removing any egg sticking to the bottom of the pan. Heat to 160 °F or higher for at least 15 seconds.
6. Serve ⅓ cup. Serve immediately, or keep warm at 140 °F or higher.



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NUTRITION INFORMATION

1/3 cup Egg and Broccoli Scramble

Nutrients	Amount
Calories	105

Total Fat	7 g
Saturated Fat	2 g
Cholesterol	170 mg
Sodium	163 mg
Total Carbohydrate	3 g
Dietary Fiber	1 g
Total Sugars	1 g
Includes Added Sugars	N/A
Protein	7 g

Vitamin D	N/A
Calcium	59 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

Source: Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

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CACFP CREDITING INFORMATION

1/8 cup vegetable
2 oz eq meat alternate

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CHEF TIPS

- **Contains eggs and milk (parmesan cheese).**
- Serve a variety of foods during the week to balance out an occasional breakfast item that may be higher in sodium or saturated fat.
- Meats/meat alternates may be served in place of the entire grains component up to 3 times per week at breakfast in the CACFP.

