



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: 45 minutes
COOK TIME: 10 minutes

CACFP CREDITING INFORMATION

1/8 cup vegetable
2 oz eq meat alternate

SOURCE

Team Nutrition CACFP Easy Recipe Project
TeamNutrition.USDA.gov

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<ol style="list-style-type: none"> 1 Wash hands with soap and water for at least 20 seconds.
Broccoli, frozen, chopped, thawed, drained	1 lb 5 oz	1 qt + 3 1/3 cups	2 lb 10 oz	3 qt + 2 2/3 cups	<ol style="list-style-type: none"> 2 In a medium bowl combine eggs, water, garlic powder, salt, pepper, and parmesan cheese. Whisk to mix. Wash hands after touching uncooked eggs.
Water	2 fl oz	1/4 cup	4 fl oz	1/2 cup	
Garlic powder		2 tsp		1 Tbsp + 1 tsp	
Salt, table		1/2 tsp		1 tsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
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Black pepper, ground		1 tsp		2 tsp	
Eggs, fresh, large, whole OR liquid, whole	2 lb + 12½ oz liquid eggs	25	5 lb + 9 oz liquid eggs	50	
Parmesan cheese, grated		¼ cup		½ cup	
Nonstick cooking spray		1 spray		2 sprays	3 Spray a nonstick extra-large skillet or tilt skillet with nonstick cooking spray. Heat skillet on medium-high heat.
					4 Sauté thawed broccoli for 8–10 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 skillet. Heat to 160 °F for at least 15 seconds.
					6 Serve ⅓ cup (#12 scoop). Serve immediately, or keep warm at 140 °F or higher.



NUTRITION INFORMATION

1/3 cup Egg and Broccoli Scramble

Nutrients	Amount
Calories	105
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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
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Vitamin D	N/A
Calcium	59 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

NOTES

- **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.

YIELD/VOLUME

25 Servings	50 Servings
Weight: 3 lb 7 oz	Weight: 7 lb 2 oz
Yield: 2 qt 3/8 cup	Yield: 1 gal 3/4 cup

