

Breakfast | Lunch | Dinner

Savory Scrambled Eggs

15 Mins
Prep Time

15-20 Mins
Cook Time

4
Servings

 **277 Calories** **20g Fat** **3g Carbs** **19g Protein**



Ingredients

 **4 Servings**  **30-35 Mins Total Time**  **Allergens: Eggs, Dairy**

10 Large Eggs 

¼ Cup Low-Fat Milk

1½ Tbsp Fresh Chives, thinly sliced

1½ Tsp Fresh Tarragon, finely minced

Salt and Pepper, to taste

1 Tbsp Unsalted Butter

1 Tbsp Extra Virgin Olive Oil

¼ Cup Feta Cheese

Allergen Swap

Eggs There is no substitute for eggs in this recipe.

Dairy Omit the feta cheese or replace with a dairy-free cheese alternative; replace the milk with lactose-free if lactose intolerant or an unsweetened milk alternative such as almond milk or soy milk.

Nourishment Note



Eggs

Eggs are an excellent source of lean protein to help grow new cells. Eggs also contain lutein that may promote eye health and choline important for memory.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Whisk Together Eggs

In a medium bowl, whisk together the eggs, milk, chives and tarragon. Season with salt and pepper.

3. Heat Butter & Olive Oil

In a medium-sized skillet over medium-heat, melt the butter and olive oil.

4. Cook Eggs

When the butter's foam begins to subside, add the egg mixture. Turn the heat to medium-low. Allow the eggs to cook, undisturbed for about 2-3 minutes. Then, using the spatula, push the eggs around the pan about every 5 minutes. Continue until the eggs are cooked through, about 15 minutes. *Slowly cooking the eggs gives them a creamier texture.* Eggs can also be cooked on medium heat, stirring almost constantly for 4-7 minutes until cooked through. *This will give the eggs a firm texture.*

5. Add Feta Cheese & Serve

Mix in the feta cheese during the last minute of cooking. Serve immediately. Enjoy!

6. Wash Hands

Wash hands with soap and water.

Recipe adapted from [foodnetwork.com](https://www.foodnetwork.com)

What You'll Need



Measuring Cups



Measuring Spoons



Medium-Sized Bowl



Whisk



Cutting Board



Knife



Medium Skillet



Spatula

Breathe Better Food Tip

- Scrambled eggs are an easy-to-prepare protein source that can help save time and energy in the kitchen.
- Pull up a stool to sit on when cooking the eggs to help save energy.
- High-fat dairy can sometimes be a trigger for heart burn. To reduce heart burn symptoms, omit using the feta cheese in this dish.
- Many people feel short of breath when their stomach is full. The diaphragm can't work as well when the stomach is full. Try eating smaller, frequent meals to help stay comfortable.