



# Summer Breakfast Skillet Meal

**Preparation time:** 5 minutes

**Cooking time:** 10-12 minutes

**Number of servings:** 4

## Ingredients

- 3 green onions
- 4 oz (about 1 cup chopped) fresh button mushrooms
- 4 cups fresh spinach
- 1 Tablespoon butter
- 6 eggs
- ½ cup 2% milk
- ½ cup shredded cheddar cheese
- ½ cup medium salsa



# Supplies

- 1 electric skillet (or a large skillet)
- 1 cutting board
- 1 knife to chop the onions and mushrooms
- 1 medium bowl
- 1 fork
- ½ cup measuring cup
- 1 wooden spoon or non-scratch utensil for stirring



# Instructions

1. Gather your ingredients and supplies.
2. Wash your hands with soap and warm water for 20 seconds.
3. Dry hands with a paper towel or clean towel.
4. Crack the eggs and scramble in the bowl.
5. Mix in milk. Set aside.
6. Wash the onions and mushrooms.
7. Chop the onions and mushrooms into small pieces.
8. Heat the electric skillet (or skillet) to medium for 1 minute.
9. Add 1 Tablespoon butter and spread around as it melts.
10. Sauté the onions and mushrooms for 2 minutes, stirring frequently.
11. Add the spinach and stir another 1-2 minutes, until veggies are soft.
12. Add the egg mixture.
13. Stir frequently, scrambling the eggs into the veggies.
14. Scramble 2-3 minutes, or until eggs are firm.
15. Sprinkle with cheese.
16. Divide into 4 servings and add 2 Tablespoons salsa to each plate.
17. Enjoy!

<b>NUTRITION FACTS</b>	
<b>Servings: 4</b>	
<b>Serving Size</b>	¼ recipe
<b>Calories</b>	226
<b>Carbohydrate</b>	7 grams
<b>Protein</b>	15 grams
<b>Fat</b>	16 grams
<b>Fiber</b>	2 grams
<b>Sodium (milligrams)</b>	473 milligrams