



GEARY COUNTY K-STATE RESEARCH & EXTENSION

SNAP-ED NUTRITION | 119 E. 9TH STREET, JUNCTION CITY, KS

TEFAP PERFECT SCRAMBLED EGGS

Makes 4 Servings



Ingredients

- 1 cup dried egg mix
- 2 tablespoons nonfat dry milk
- ½ teaspoon salt
- 1 ½ cup water
- 1 tablespoon vegetable oil

Directions

1. Place dried egg mix, dry milk, salt, and water into a bowl.
2. Beat mixture for 3 minutes or until dry milk and egg mix is completely dissolved and frothy.
3. Add cooking oil to a large skillet.
4. Over medium heat, cook oil. Add the egg mixture to the hot oil.
5. Cook eggs using medium low heat, stirring continuously until dry and crumbly.

Visit our SNAP-Ed TEFAP Recipe Website for more meals to try!
<https://www.hhs.k-state.edu/ks-snaped/recipes/tefap/index.html>

FREE NUTRITION CLASSES

SNAP-Ed or Supplemental Nutrition Assistance Program Education is excited to offer **FREE online classes!**

If you would like to know how to make positive changes for your health or how to cook nutritious meals on a budget, contact us! These classes are online so participants can learn at home. SNAP-Ed staff will connect weekly to help you make positive changes to achieve good nutrition, improve fruit and vegetable intake, increase physical activity, and stretch your food dollars.



If you qualify for FDPIR, Free and Reduced Lunch Program, Head Start, Medicaid/Kancare, SNAP, TANF, TEFAP, or WIC, and would like to join a nutritional series, scan the QR code or visit <https://www.k-state.edu/ks-snaped/free-classes.html> for more information!

FOLLOW KANSAS SNAP-ED

Want fun health tips and activities for the new year? Follow Kansas SNAP-Ed on Facebook! Information about upcoming SNAP-Ed classes around Kansas are shared to this page. Daily reminders for physical health with mental health are also posted.



Follow the link to the free Facebook page
Or scan the QR code!
<https://www.facebook.com/kansasSNAPed>



PERFECT SCRAMBLED EGGS NUTRITION

INFORMATION

¼ of the Recipe

Calories 150
Total Fat 13g
Sodium 330 mg
Protein 6g

Total Carbohydrate 2g
Total Sugars 2g
Dietary Fiber 0g
Cholesterol 60mg

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