



# Recipe Name: Scrambled Eggs W/ Turkey Ham

Resources used for Crediting  
SBG

Component Contribution  
 X \_\_\_ Meat/Alt    X \_\_\_ Vegetable/Fruit  
 \_\_\_ Grain/Bread

<u>2/3 cup-3/4 cup</u> Portion Size	<u>3-5 yr old</u> Age Group
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Ingredient	Form (whole, chopped)	<u>18 cups</u> Recipe Yield	
		Weight	Measure
Eggs	Raw, scrambled		2 doz
Turkey Ham	Diced	1.5 lb	
Tomato	Fresh, diced	.5 lb	
Green pepper	Fresh, diced	.5 lb	
Onion	Fresh, diced	.5 lb	
Mrs. Dash, pepper			
Salt			

- Directions:**  
 Dice all vegetables and turkey ham.  
 Saute turkey until hot.  
 Add veggies. Cook for about 2 min  
 Add spices and eggs to skillet.  
 Cook until eggs are set.