

## LOCA-VEGGIE SCRAMBLED EGGS

8 large eggs  
¼ cup tzatziki  
½ cup crumbled feta cheese  
1 tsp dried oregano  
½ tsp freshly ground black pepper  
1 tbsp butter  
½ cup finely chopped green onions  
½ cup chopped, previously baked potato  
½ cup chopped roasted red peppers  
½ cup chopped lightly steamed asparagus

1. Combine eggs, tzatziki, feta cheese, oregano and black pepper in a small bowl and set aside.
2. In a large non-stick skillet, melt butter. Add onion and potato and sauté until lightly browned. Add peppers and asparagus to heat through.
3. Pour in egg mixture; cook, stirring with a wooden spoon for 4-5 minutes or until eggs form soft, thick curds.
4. Serve with homemade salsa.

Alternatively, make a frittata. Place the cooked vegetables in the bottom of a 7X11 baking pan, lightly sprayed with cooking spray. Pour egg mixture over top, stir gently and place in preheated 350F oven for ~30 minutes until set.

Serves: 6

Nutrients per serving:

Calories (kcal)	184.3	Folate (DFE)	84.8
Protein (g)	8.5	Vitamin B <sub>6</sub> (mg)	0.3
Fat (g)	13.8	Vitamin B <sub>12</sub> (µg)	1.2
Carbohydrate (g)	7.6	Calcium (mg)	164.6
Sugar (g)	3	Iron (mg)	1.9
Fibre (g)	1.5	Sodium (mg)	246.3
Vitamin A (RAE)	167.5	Potassium (mg)	262.5
Vitamin C (mg)	31.3		
Vitamin D (µg)	0.9		
Vitamin E (mg)	2		
Thiamin (mg)	0.1		
Riboflavin (mg)	0.4		
Niacin (NE)	2.6		

Food Guide Servings (per one serving of recipe)

In the chart below you'll see the number of Food Guide Servings for one serving of your recipe. Compare these numbers to the number of Food Gude Servings recommended for your age and sex in [Canada's Food Guide](#).

Vegetables and Fruit	1
Grain Products	0
Milk and Alternatives	0.44
Meat and Alternatives	0.67