

**Jr. Chef Club  
Brainy Breakfasts  
Lesson 4**

## **Cooking Table Notes**

# **Scrambled Eggs & Veggies**

Make two batches to provide samples for a class of 25 to 30.

Break half of the eggs into a bowl before the students get involved. That will leave two eggs each for the kids to break (that's plenty!). Divide the Jr. Chefs into two groups of three. Supervise the egg cracking closely. We need to constantly remind students that raw eggs carry bacteria that can cause illness. As soon as students have broken their two eggs, the gloves need to come off and be thrown away. If any raw egg gets on their hands, they will need to wash again before putting on a new pair of gloves. Keep all surfaces wiped clean of raw eggs and have the students take all utensils directly to the sink after use.

### **Ingredients:**

12 eggs

3/4 cup chopped tomatoes

3/4 cup chopped spinach leaves

3/4 cup grated, reduced-fat cheese

Salt and pepper to taste

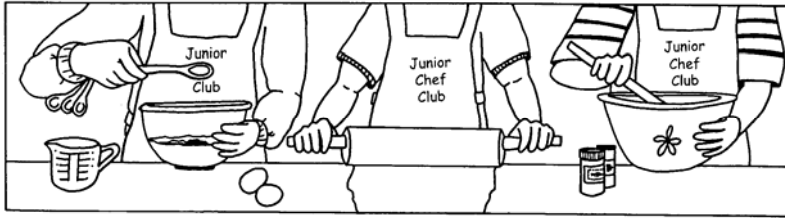
Vegetable oil cooking spray

You will be using two electric skillets for this recipe. You be the judge of students' skill level; if you feel they are capable of stirring the eggs in the skillet without burning themselves, allow them to monitor the eggs while they are cooking. Put the skillets on a surface that is low enough that there will not be a risk to student's eyes or to their arms as they reach into the skillet to stir the eggs. Be careful that electric cords and skillet handles are not hanging over the edge of a cabinet or table to prevent them from being pulled off.

### **Directions:**

1. Turn on electric skillet to medium to preheat.
2. In a shallow bowl, beat egg with a wire whisk or fork until foamy.
3. Stir in chosen vegetables, salt, and pepper into egg mixture.
4. Lightly spray skillet with cooking spray.
5. Pour one batch of egg mixture into each skillet.  
Cook over medium heat, stirring often.
6. Once egg is cooked thoroughly, sprinkle with cheese and serve.

\*Sprinkle the cheese on top of the eggs, but don't stir it in. Sprinkling it evenly on top of the eggs ensures that all of the kids get an equal amount of cheese.



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Serves 12-15 students

## Ingredients:

- 12 eggs
- 3/4 cups chopped tomatoes
- 3/4 cups chopped spinach leaves
- 3/4 cups grated, reduced-fat cheese
- Salt and pepper to taste
- Vegetable oil cooking spray

## Directions:

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