



# CORN AND PEPPER SCRAMBLE

March 18

National Corn Day


## INGREDIENTS

- 4 Large Eggs
- ¼ Teaspoon Salt
- 1 Tablespoon Olive Oil
- 2 Cups Fresh or Frozen Corn Kernels
- 2 Cups Chopped, Jarred Roasted Red Peppers

## DIRECTIONS

1. Whisk eggs and salt in a small bowl.
2. Heat oil in a 10-inch nonstick skillet over medium.
3. Add corn and cook, stirring often, until slightly browned, 4 to 5 minutes.
4. Add peppers and cook, stirring constantly, until warmed through, about 1 minute.
5. Add eggs and scramble.

## MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable

## MEAL TYPE

-  Breakfast

## YIELD

8 Cups

## PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup	⅔ Cup	⅔ Cup	1½ Cups