

## **Veggie skillet eggs**



Recipe credit

Oregon SNAP. OSU Extension Service

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## **About this recipe**

Serves

8

Serving size

1 wedge

Time to make

5 Minutes, cooking time 5 minutes

Special criteria

[Summer meals in a SNAP](#)

## **Ingredients**

- 6 medium or large eggs
- ¼ teaspoon pepper
- ½ teaspoon oregano or basil
- ⅓ cup shredded cheese (1 1/2 ounces) 2 teaspoons oil
- 1 small onion, chopped (about 2/3 cup)
- 1 clove garlic, chopped (or 1/8 teaspoon garlic powder)
- 2 cups fresh, canned or frozen mixed vegetables (green beans, zucchini, peas, corn, broccoli, mushrooms)

- 1 medium tomato, sliced

## Directions

1. Wash hands with soap and water.
2. Beat eggs with pepper, oregano or basil, and cheese in a medium bowl.
3. Heat oil in a medium skillet. Add onion, garlic, and other vegetables and cook on medium (300 degrees F in an electric skillet) until soft.
4. Pour egg mixture over vegetables. With knife or spatula, lift outer edges of eggs so egg mixture flows to the bottom of the pan.
5. Cook until eggs are set, about 6 minutes. Top with tomato slices.
6. Cut into 8 wedges; serve hot.
7. Refrigerate leftovers within 2 hours.

## Tips and variations

- Try other seasonings such as thyme or dill.
- Try adding cilantro on top for more flavor.

## Nutritional info

Calories

130

Total fat

8g

Saturated fat

2.5g

Cholesterol

170mg

Sodium

180mg

Total carbohydrates

5g

Dietary fiber

1g

Protein

8g

Total sugar

3g

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