



INGREDIENTS

- 2 Cups Cabbage (thinly shredded)
- ¼ Cup Carrot (thinly shredded)
- 1 Cup Green Onion (chopped)
- 4 Eggs
- A Pinch of Salt
- 1 Tablespoon Butter
- 3 Tablespoons Sugar
- 4 Tablespoons Ketchup
- 4 Tablespoons Mayonnaise (optional)
- 4 Slices Deli Ham (½ ounce each; without binders, filler or extenders)
- 4 Slices Cheese (½ ounce each)
- 8 Slices Bread (at least 28 grams each; enriched or whole grain rich)

DIRECTIONS

1. Beat eggs in a large mixing bowl and add the shredded cabbage, carrot, green onion, and salt; mix well.
2. Melt 1 tablespoon of butter on a skillet over medium low heat. Add in egg and vegetable mixture. Cook the egg omelette 2-3 minutes on one side and flip. Cook until golden brown. Transfer the omelette to a plate and cut into four equal portions.
3. Heat ham slices briefly, about 30-60 seconds; set aside. Toast the bread.
4. Place one egg portion on the toast; sprinkle 2 teaspoons of sugar and add 1 tablespoon each of ketchup and mayo. Top with a slice of ham, a slice of cheese and another slice of bread.

MEAL PATTERN CONTRIBUTION

 Grain

 Meat/Meat Alternate

MEAL TYPE

 Breakfast

YIELD

4 Toasts

PORTION SIZES

Toddler: ¼ Toast

Preschool: ¼ Toast

School Age: ½ Toast

Adult: 1 Toast