



INGREDIENTS

- 12 Eggs
- 6 Tablespoons Milk or Cream
- Salt and Pepper (to taste)
- 3 Tablespoons Olive Oil or Butter
- ¾ Cup Crumbled Feta Cheese
- 6 Tablespoons Chopped Fresh Herbs (dill, parsley, chives)

DIRECTIONS

1. Whisk eggs with milk or cream, salt, and pepper in a bowl until well combined and slightly frothy.
2. Heat olive oil or butter in a non-stick skillet over medium-low heat.
3. Pour egg mixture into the hot skillet. Let it cook undisturbed for about 30 seconds until edges begin to set.
4. Gently push cooked eggs from the edges towards the center, tilting the pan to allow uncooked egg to flow underneath.
5. Continue cooking and folding until eggs are mostly set but still slightly moist.
6. Stir in crumbled feta cheese and fresh herbs. Cook for another 30 seconds until feta is warm.
7. Serve immediately.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Breakfast

YIELD

3 Cups

PORTION SIZES

Toddler: ⅛ Cup

Preschool: ⅛ Cup

School Age: ⅛ Cup

Adult: ¼ Cup