



INGREDIENTS

- 1½ Cups Boiled Spaghetti (enriched or whole grain rich)
- 4 Eggs
- ½ Cup Tomato (chopped)
- 1 Tablespoon Onion (chopped)
- ¼ Cup Green Bell Pepper (chopped)
- 1 Bouillon Cube
- 1½ Tablespoons Oil
- ⅛ Teaspoon Ground White Pepper
- 2 Sprigs Parsley (finely chopped)

DIRECTIONS

1. Place tomato, onion, bell pepper, parsley, cracked eggs and white pepper in a bowl. Sprinkle seasoning cube (Maggi) on top. Beat with a fork to combine.
2. Add the spaghetti and mix well to combine.
3. Heat oil in a skillet on high for 2 minutes then reduce the heat to low and pour the spaghetti and egg mixture into the skillet. Spread to ensure that it is evenly distributed in the skillet, then let it cook on very low heat for about 8 minutes, until the egg sets.
4. Flip to the other side and let it cook for another 3 minutes.
5. Cut into 6 equal slices and serve warm.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Breakfast

YIELD

6 Slices

PORTION SIZES

Toddler: ½ Slice

Preschool: ½ Slice

School Age: 1 Slice

Adult: 2 Slices