



INGREDIENTS

- 6 Tablespoons Butter
- 1 Cup Wild Onions or Green Onions (chopped)
- 12 Eggs
- 3 Teaspoons Milk
- Salt and Pepper (to taste)

DIRECTIONS

1. Melt the butter in a non-stick skillet over medium heat until it's just starting to bubble.
2. Toss in the chopped onions and sauté for about 2 minutes, until they're soft and fragrant.
3. While the onions cook, whisk the eggs with a splash of milk, salt and pepper in a bowl.
4. Pour the egg mixture over the onions in the skillet. Let it sit for a few seconds before stirring to get fluffy eggs.
5. Gently stir the eggs with a spatula, folding them over the onions until they're just set—about 3 minutes.
6. Remove from heat when the eggs are softly scrambled.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Breakfast

YIELD

4 Cups

PORTION SIZES

Toddler: 1/8 Cup

Preschool: 1/8 Cup

School Age: 1/8 Cup

Adult: 1/4 Cup