

# SCRAMBLED EGGS

Serving Size: ½ cup = 4 oz.

Protein: 1 oz.

## Ingredients:

|                    | 1 Portion | 2 Portions | 4 Portions |
|--------------------|-----------|------------|------------|
| <b>Eggs</b>        | 1         | 2          | 4          |
| <b>Hot Milk</b>    | 1 Tbsp    | 2 Tbsp     | 4 Tbsp     |
| <b>White Bread</b> | 1 Slice   | 2 Slices   | 4 Slices   |
| <b>Margarine</b>   | 1 tsp     | 2 tsp      | 4 tsp      |

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## Directions:

1. Beat eggs, add milk and beat again; add desired seasoning.
2. Scramble in frying pan or microwave oven until consistency of soft custard; about 1 min. in microwave.
3. Place egg mixture in a blender or processor with white bread; puree to smooth custard consistency, not dry or crumbly.

**NOTE:** If person tolerates bread, then omit from eggs and skip step #3. Serve bread on the side, following the slurry bread recipe.

**Soft cooked or soft poached eggs, quiche that is pureed then baked and moist when served can be offered to those on a Dysphagia Pureed or Dysphagia Mechanically Altered diet.**

**Diabetic:** 1 meat exchange, 1 bread exchange, 1 fat exchange.

**Low Sodium:** Do not add salt.

**Low Fat/Low Cholesterol:** 3 eggs per week.

**Bland:** OK.