

PRESIDENT FRANKLIN D. ROOSEVELT

ELEANOR'S SCRAMBLED EGGS

3
SERVINGS

5 MINS
PREP TIME

10 MINS
COOK TIME

INGREDIENTS

- 1 tablespoon unsalted butter
- 6 eggs, lightly beaten
- 3 tablespoons light (table) cream
- ½ teaspoon salt

INSTRUCTIONS

1. Melt butter in a pan.
2. Stir lightly beaten eggs with the cream.
3. Add salt and cook on medium-low heat, stirring gently until softly firm.

NUTRITION PER SERVING (3 SERVINGS)

Calories 220 · Total Fat 18g · Saturated Fat 8g · Sodium 535mg · Total Carbohydrates 1g · Dietary Fiber 0g · Added Sugars 0g · Protein 13g

DIETITIAN'S NOTE

Eggs are rich in protein and micronutrients, but also cholesterol. Adding chopped or diced spinach, tomatoes, onions, bell peppers, zucchini, eggplant, or other vegetables adds nutrients and variety. Consider using Greek yogurt instead of cream (or add egg whites) to boost the protein and discarding half the yolks to halve the cholesterol.

Adapted from: Victoria Henrietta Nesbitt's The Presidential Cookbook: Feeding the Roosevelts and Their Guests