SHOPPING LIST

Egg Sandwich

- ◯ Olive Oil
- ◯ Eggs
- ◯ Cheddar Cheese
- ◯ Basil Leaves
- ◯ Kosher Salt
- ◯ Black Pepper
- ◯ Whole Wheat Pita Breads

First, check off the items you already have at home.

CUT

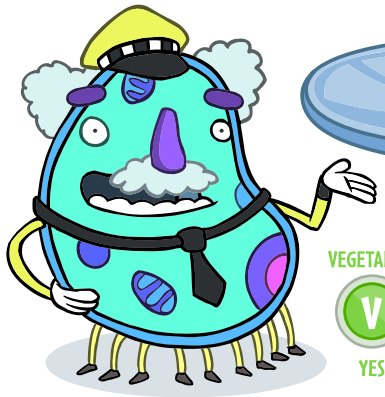
Sully The Cell presents

BREAKFAST

PBS KIDS GO!

FIZZY'S LUNCH LAB

Egg Sandwich



VEGETARIAN	TIME	DIFFICULTY	SERVES
V		H	2
YES	Under 1 hour	Hard	

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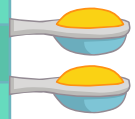
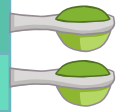
YOU WILL NEED

1 teaspoon
olive oil

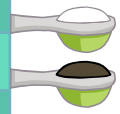
3 large eggs, beaten



2 tablespoons
shredded cheddar cheese



2 teaspoons
finely chopped fresh basil leaves
or ½ teaspoon dried basil



Kosher salt and black pepper

2 mini whole wheat pita breads, sliced in half horizontally

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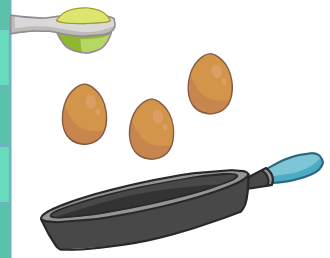
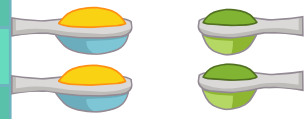
DIRECTIONS

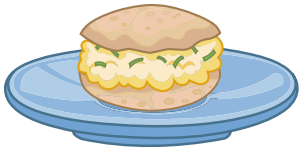
ATTENTION KIDS: Always cook with a grownup!



STEP 1: Heat a 10-inch nonstick skillet over medium-high heat. When the skillet is hot, add the oil. Add the eggs and cook, stirring frequently, until they just begin to set, about 2 minutes.



STEP 2: Stir in the cheese and basil and continue cooking until the cheese is melted and the eggs are fully set, about 1 minute longer. Season with salt and pepper to taste.



STEP 3: Divide the egg mixture evenly between the two pita breads and serve immediately.

pbskidsgo.org/lunchlab

Nutrition Facts

Serving Size (113g)
Servings Per Container 2

Amount Per Serving

Calories 230 Calories from Fat 110

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 330mg	110%
Sodium 290mg	12%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 14g	

Vitamin A 10% • Vitamin C 0%
Calcium 8% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4