This recipe makes enough for 6 people.

**What you use**

- 1/4 cup cooking oil
- 4 eggs
- 2 or 3 potatoes
- 1/4 cup milk
- 1 teaspoon salt

Your family is happier when you cook good food.

A good diet has milk and cereals.
If you like eggs and fruits.
A good diet has meat, eggs, cheese, or dry beans.

Evelyn Crayton, Extension Foods and Nutrition Specialist, Professor, Nutrition and Food Science, Auburn University. Originally prepared by Virginia H. Marable, former Specialist, Educational Methods, and Fariss Pricket, former 4-H Specialist—Foods and Nutrition.

For more information, call your county Extension office. Look in your telephone directory under your county's name to find the number.

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How to Make Egg and Potato Scramble

1. Put oil in a frying pan.

2. Wash and peel 2 or 3 potatoes.
   Add potatoes to hot oil. Let potatoes brown. Stir as they cook.

3. Sprinkle salt over potatoes.
   Cook until potatoes are done.

4. Cover pan with a lid. Turn heat low. Cook until eggs are done.


6. Add milk and salt to egg mixture. Stir.

7. Pour egg mixture over potatoes.
   Stir as they cook.

8. Sprinkle salt over potatoes.