

Shrimp Scramble

Alice Novak

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

*4 eggs
2 tablespoons milk, drained
1 can (4-1/2 ounce) shrimp
1/2 teaspoon salt
1/8 teaspoon pepper
1/4 teaspoon prepared
mustard
2 English muffins, split
butter or margarine*

In a medium bowl, beat the eggs and milk with a fork.

Stir the shrimp into the eggs with the salt, pepper and mustard.

Toast the muffins. Butter and keep warm.

In a ten-inch skillet, melt one tablespoon of butter over medium heat. Add the egg mixture. Cook, stirring lightly with a fork. When the eggs are set and creamy, spoon over the toasted muffin halves.

Serve immediately.

Per Serving (excluding unknown items): 591 Calories; 23g Fat (36.1% calories from fat); 36g Protein; 56g Carbohydrate; 3g Dietary Fiber; 861mg Cholesterol; 1914mg Sodium. Exchanges: 3 1/2 Grain(Starch); 3 1/2 Lean Meat; 0 Non-Fat Milk; 2 Fat; 0 Other Carbohydrates.