

Fried Eggs

Unit: Medium Skillet (10" Gourmet Skillet)

Eggs, butter and salt

Butter or coconut oil method

Place a small amount of butter or coconut oil into the skillet while cold. Turn the skillet on medium heat and let it completely melt. Continue heating for an additional 2 minutes or until it begins to bubble. Put eggs into the skillet and reduce the heat to medium-low. Cook until done.

Cooking spray method

Spray the skillet and place on medium heat. Continue heating the skillet until the spray begins to turn brown in the skillet. Place eggs in and reduce the heat to medium low heat. Cook until done.

No oil water method

Preheat the skillet on medium heat for approximately 4 minutes. Sprinkle some salt into the skillet and then place the eggs on top of the salt. Pour 4 tablespoons of water over the eggs and seal the lid on the skillet. The steam heat will cook the eggs. Cook until done and use a metal spatula to remove them from the unit.



HEALTH QUEST