

Scrambled Eggs

Unit: Medium Skillet or Large Skillet

4 - Eggs

1/2 - tsp Cooking oil (not olive oil)

Add a thin layer of cooking oil to the skillet or spray the skillet with cooking spray and preheat on medium heat for 5 minutes.

Season and beat the eggs in a bowl. Next, reduce the temperature to medium-low and add the eggs. Cook for about 2 minutes while constantly stirring the eggs with a metal spatula.

*Note: Some stovetops are hotter than others. Increase or decrease the heat accordingly if needed.



HEALTH QUEST