Scrambled Eggs

From Incredible Egg

**Ingredients:**

1 Egg

1 Tablespoon Milk or Water

Cooking Spray

Salt and Pepper for flavoring

**Directions**:

1. Using either a fork or a whisk, beat eggs, milk, salt, and pepper in a bowl until blended.
2. Spray a frying pan/skillet with cooking spray. Make sure it is covering the entire pan. Turn on the stove to a medium heat.
3. Pour in the egg mixture. As soon as the eggs start to set, (become firm/solid around the edges) gently pull the eggs across the pan with a rubber scraper. This will form large soft curds.
4. Continue cooking, pulling, lifting, and folding the eggs. Do this until it’s thickened and there is no visible liquid egg remains. Do not over stir.
5. Remove from heat and serve immediately
6. Show Ms. Probert for a grade

 