Sunny Side Up Egg

**Ingredients:**

1 egg

Cooking Spray

Salt and Pepper to taste

**Directions**:

1. Spray cooking spray onto a small skillet. Make sure to cover the entire skillet. Place the skillet over medium-high heat to very hot. (Try not to burn the cooking spray)
2. Crack one egg gently into a cereal bowl. Be very careful not to break the yolk.
3. Gently and carefully, slip the egg into hot pan and immediately reduce heat to medium. Continue cooking for 2 minutes or until the egg white turns opaque and there is no clear egg white remaining.
4. If necessary, to cook the yolk further, use a cookie sheet to cover pan for a minute to help cook the egg.
5. Remove pan from heat. Gently slip spatula around the edges of the egg to make sure it is free of the pan, the tilt the pan and carefully slip the egg onto a waiting plate. Take care not to break the loose egg yolk.
6. Season with salt and pepper as desired
7. Serve immediately.
8. Show Ms. Probert for a grade

 