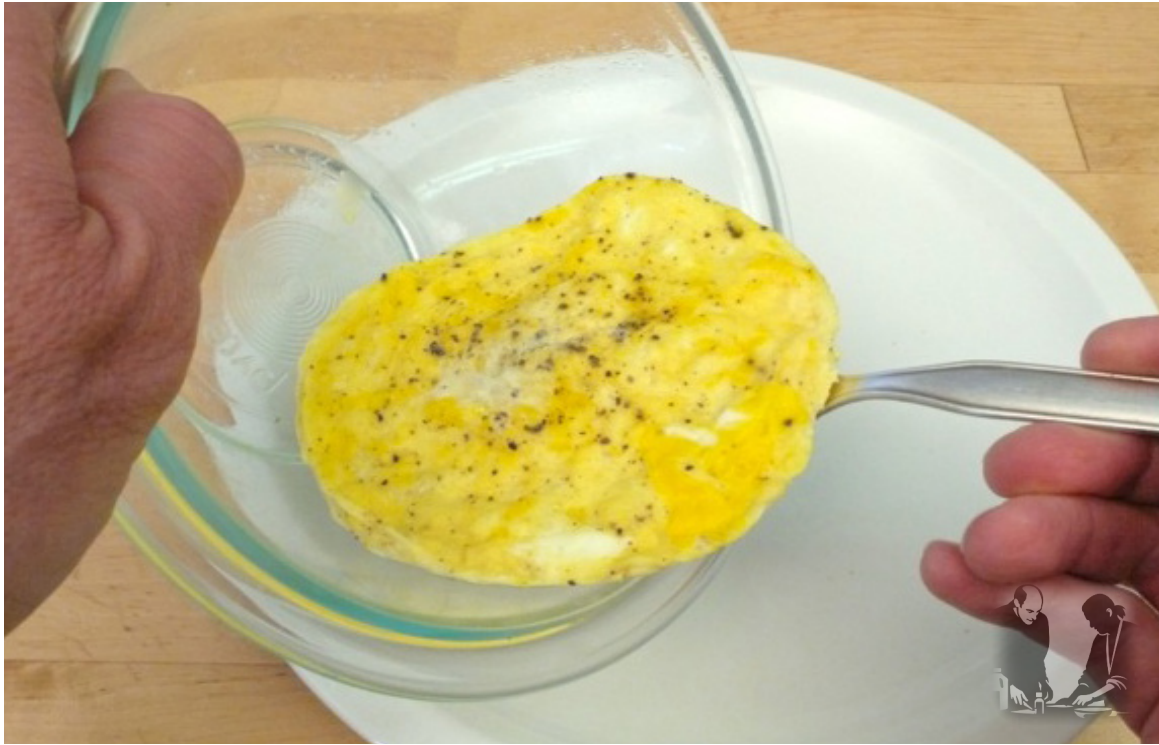


Microwave Scrambled Eggs



Easy for anyone

Scramble eggs. Microwave. Done.

Ingredients

- Cooking Spray
- 1-2 Eggs
- Salt
- Black Pepper
- Milk (optional)



Equipment

- Microwave Safe Bowl
- Fork
- Potholder or Dishtowel
- Microwave Oven



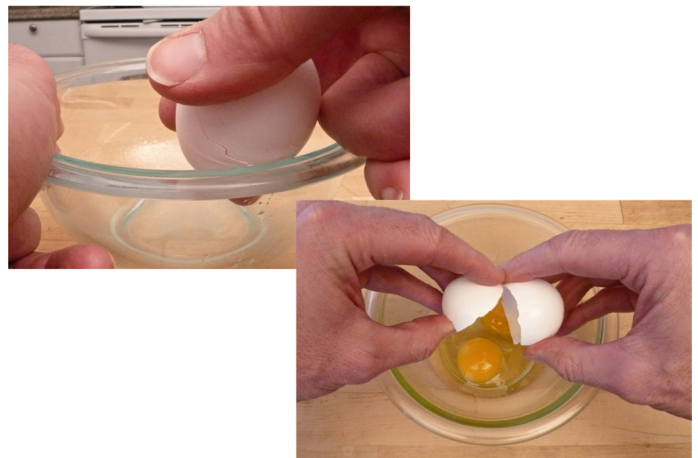
How to make it (Active Time: 5 minutes)

Spray a microwave safe bowl with a light coat of cooking spray.



Add:

1-2 eggs



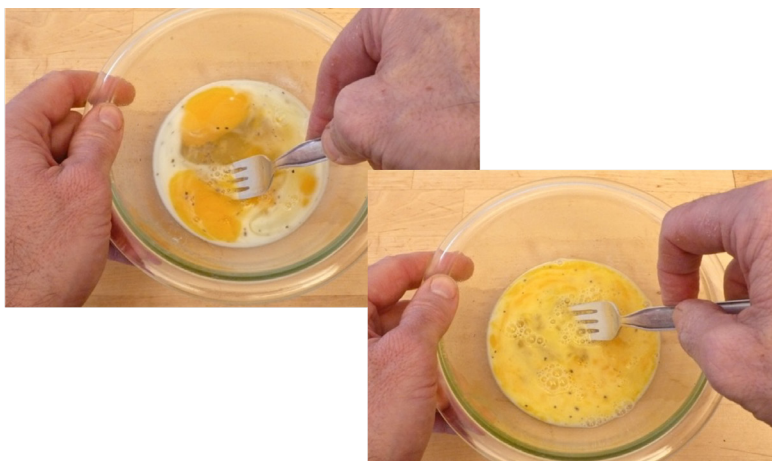
Dash of salt and pepper



Small splash of milk (optional)



Stir vigorously until egg whites and yolks are well mixed together.



Microwave 45 seconds for 1 egg or 1 minute 15 seconds for 2 eggs (based on 1200 Watt microwave).



Use a potholder or folded dishtowel to remove cooked eggs and check for **SCRAMBLED EGG DONENESS** as shown below.



Doneness

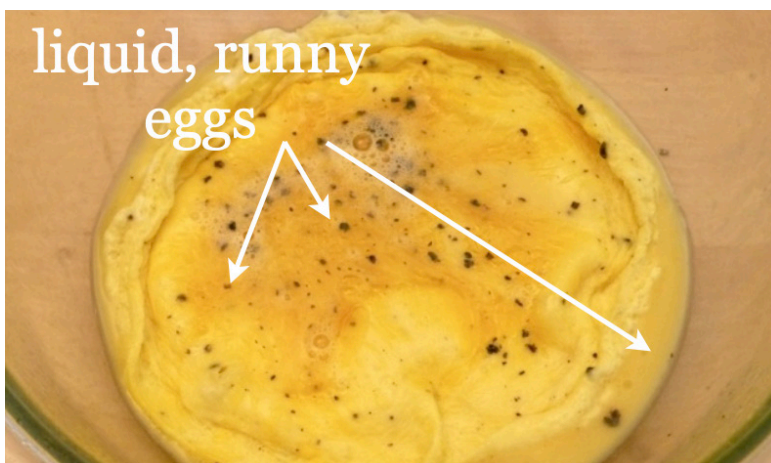
Eggs should be:

- firm
- not runny
- still soft



If eggs are still runny:

- microwave in 20–30 second intervals and check until they match picture above



Enjoy!

Either have the freshly cooked scrambled eggs right out of the bowl (makes cleanup easier), or use a fork to loosen and slide the eggs from the bowl onto a plate.



Make it your own:

- Imagination is your only limit.
- Here are some suggestions to get you started.

Add cheese before or after microwaving.



Use on toast.



Use butter instead of cooking spray to grease the bowl.



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