

Quick & Easy Scrambled Eggs

 8 Min

 Serves 1



Ingredients

- 2 Eggs
- 1/4 Tsp Salt
- 1/4 Tsp Pepper
- 1 Tbsp Milk (1% milk)
- 2 tbsp – ¼ each added (optional):
ham, red/green peppers,
green onions, cheese
- cooking spray

Equipment

- Microwave safe bowl
- Fork/ whisk
- Measuring cup
- Measuring spoon

Method

1. Spray microwave safe bowl lightly with cooking spray. Crack eggs into bowl.
2. Season with salt and pepper
3. Add milk and whisk together with fork
4. Add in toppings and mix
5. Microwave for 30 seconds
6. Remove bowl from microwave and stir
7. Microwave for another 30 seconds
8. Repeat until eggs are cooked through (in 30 second intervals)

Microwave Safety

Follow manufactures instructions

- operating procedures and safety precautions

Use microwave safe containers

- avoid aluminum foil or metal
- opt for glass, ceramic, and plastic (labelled microwave safe)



Rotate & Stir

- Rotate dish 1/4 to 1/2 of the way half way through to ensure even cooking

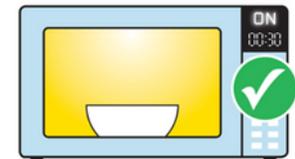
Reheat to the Correct Temperature

- Cover foods with a lid or a microwave-safe plastic wrap to hold in moisture and provide safe, even heating..
- Heat ready-to-eat foods like leftovers until steaming hot.
- After reheating foods in the microwave oven, allow standing time.

Standing Time

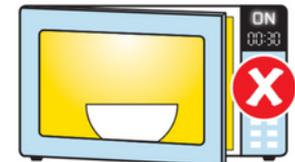
- After removing food from the microwave, always allow standing time of at least 3 minutes.

Safe Microwave Oven Use



When you operate a microwave oven, the door should close and seal fully.

Unsafe Microwave Oven Use



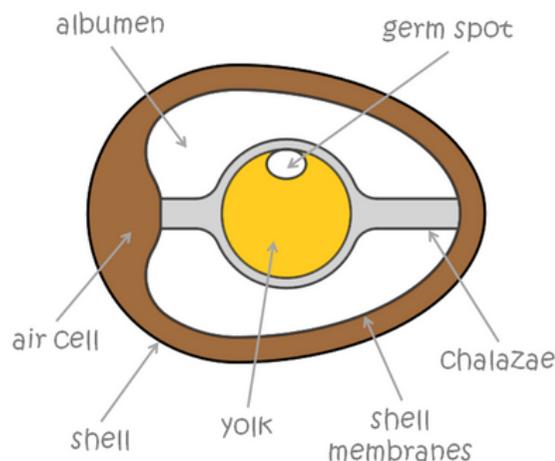
If the fan, light, or turntable operates when the door is open, do not use the oven. You can report the issue to the manufacturer [or the FDA](#).

Eggs-traordinary Nutrition

Egg Nutrition (per 1 large egg):

- **Calories: 70 cal**
- **Fat: 5 g**
- **Carbohydrates: 0 g**
- **Protein: 6 g**

egg anatomy



doodles and jots

- For a complete meal pair with other foods like whole grain bread, fruits, veggies, and low-fat dairy products.
- Complete protein (has all 9 essential amino acids)
- Cholesterol in egg yolks is not dangerous for healthy people in the right amounts (1-2 eggs per day)
- Yolk contains almost half of the egg's protein and vitamins A, D, and E
- Good for brain health (choline and lutein)
- Excellent source of vitamin B12, biotin, and selenium
- 2/3 of fat found in eggs is unsaturated, which is essential in a balanced diet

Exercise Benefits

- During exercise, small, micro-fiber tears occur in our muscles.
- However, this is normal and what allows for our muscles to grow **BIGGER** and **STRONGER**!
- To help repair these tears and encourage muscle growth, we need to incorporate protein-rich foods into our well-balanced diets.
- Eggs are a **FANTASTIC** source of protein that can aid in this repair and growth process!

