



Scrambled Eggs

Serves 2

4 eggs

1/4 c. milk

1 Tblsp. butter/margarine

salt and pepper to taste

In a non-stick skillet, melt one tablespoon butter over low heat. Crack eggs into bowl, add milk and salt and pepper and stir with fork until yolks are broken and mild is blended. Pour eggs into pan and let sit until they start to cook. Move eggs around gently with a nylon pancake turner until no uncooked whites are left. Overcooking eggs makes them tough. Never cook eggs on high heat.

Serve with toasted bread, bagels, English muffins, fruit and milk or coffee.