

scrambled eggs

Serves: 4

Prep and Cook time: 10 min

Per serving: 228 calories, 19 g fat, 133 mg sodium

8 eggs

1/4 cup light cream,
half-and-half, milk, or
water

2 TBS chopped chives
(optional)

1/2 tsp salt (recommended)

Few dashes of black
pepper

2 TBS butter

1. Break the eggs into a medium bowl. With a wire whisk or a fork, beat the eggs just until they're blended to incorporate the yolks and whites.
2. Add the cream/milk/water and chives, salt, and pepper (if desired), and beat a few seconds to blend.
3. Heat a 10-inch skillet or omelet pan over medium heat. Add butter. As it melts, tilt the pan to cover the surface with butter. Pour in the egg mixture.
4. Stir the eggs, pulling them gently across the bottom and sides of the pan with a spatula or wooden spoon as they set. Cook to desired doneness (from creamy to dry). Taste before serving to determine whether you need more salt and/or pepper.

Vary It! Add shredded cheese, salsa, tomatoes, peppers, hot sauce, or whatever you can think of in order to dress up your eggs!

