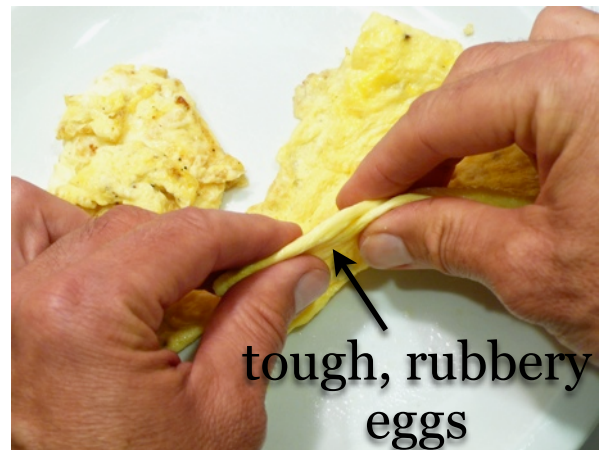
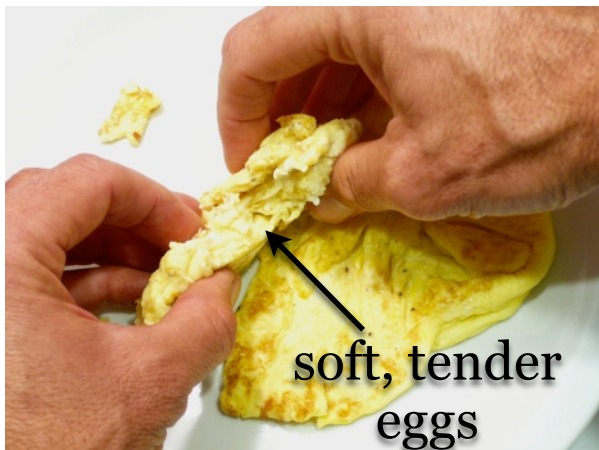


Microwave Oven Cooked Scrambled Eggs on Toast



TIP: Adding just a small amount of **salt** to the **egg mixture** before cooking as shown in step 3 not only enhances scrambled egg flavor, it also ensures the **eggs** will turn out soft and tender as shown in the left photo below. **Eggs** cooked without **salt** tend to be tough, rubbery and hard to pull apart as shown in right photo below.



Preparation Time: 5 - 7 minutes

Ingredients
(per person)

Cooking Spray
2 Eggs
Milk
Salt
Ground Black Pepper
Bread
Butter or Margarine



Equipment

Microwave Oven Safe Bowl

Fork

Table Knife

Potholder or Dishtowel

Microwave Oven (insert picture, left)

Toaster (insert picture, right)



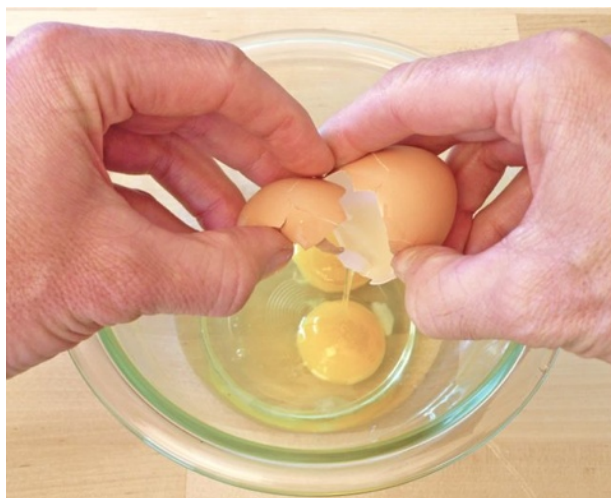
1. Spray the inside of a microwave safe bowl with a light, even coat of **cooking spray**.



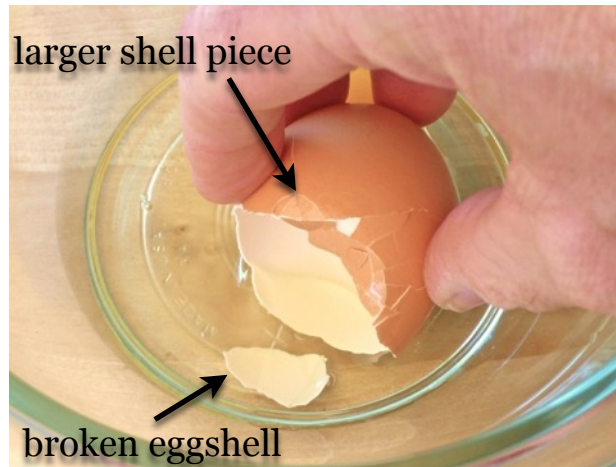
2. Break **2 eggs** into the same bowl, one at a time, by holding each **egg** snugly in your hand and tapping it just hard enough against a firm (preferably rounded) surface, like the bowl edge as shown, to crack the eggshell.



Use your thumbs to push in the cracked area as shown and break the membrane. Then gently pull apart the shell to release the **egg white** and **yolk** into the bowl.



If necessary, remove any broken shell pieces from the bowl like the one shown in the photo below by using a larger shell piece to scoop up the smaller piece(s) – the two shell pieces should attract each other. Please don't be discouraged if you get broken shell pieces in the bowl – anyone who has ever cooked **eggs** has done this at least a few times. You bet it happens to me, but this technique works great.



3. Add a **light dash of both salt** and...



...**ground black pepper** and...



...about as much **milk** as shown here.



4. Scramble the **egg mixture** by stirring vigorously with a fork until all the **yolks** have broken and are mixed well together with the **egg whites** as shown here.



5. Put the **bread** in the toaster, and...



...turn on the toaster.



6. While the **bread** toasts, put the bowl with the **eggs** in it in the middle of the microwave oven, and...



...cook using **HIGH** heat for about 1 minute and 20 seconds. **NOTE:** I used a 1200-watt microwave oven to cook these **eggs**. Cooking time will vary depending on your microwave oven wattage.



7. After cooking, remove the bowl from the microwave oven with either a potholder or folded dishtowel, and check for EGG DONENESS as shown in the pictures that follow.



EGG DONENESS

Eggs are safely cooked when they are solid throughout with no runny liquid as shown here. If, however,...



...your **eggs** are undercooked like this - still runny and wet,...



...keep cooking in the microwave oven and checking for doneness at 20 second intervals until the **eggs** look as shown in the “safely cooked eggs” photo above.

8. Put the **toasted bread** on a plate, and...



...spread on **butter** or **margarine**.



9. Use a fork to loosen the **freshly cooked scrambled eggs** from the bowl,...



...scoop them on top of the **toast** and....



...serve warm.



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