



## SCRAMBLED EGGS

*Here's how to make two scrambled eggs (one serving).*



- \_\_\_\_\_ 1. Get 2 eggs.  
Get liquid measuring cup.  
Get tablespoon.  
Get skim milk.  
Get measuring spoons.  
Get salt.  
Get pepper.  
Get whisk.  
Get pan.  
Get olive oil cooking spray.  
Get long handled spoon.



- \_\_\_\_\_ 2. Crack eggs into liquid measuring cup.



- \_\_\_\_\_ 3. **Problem?** Take out any egg shell pieces.



\_\_\_\_\_ 4. Measure 2 teaspoons milk.



\_\_\_\_\_ 5. Put milk into liquid measuring cup.



\_\_\_\_\_ 6. Put in a dash of salt and pepper.



\_\_\_\_\_ 7. Mix.



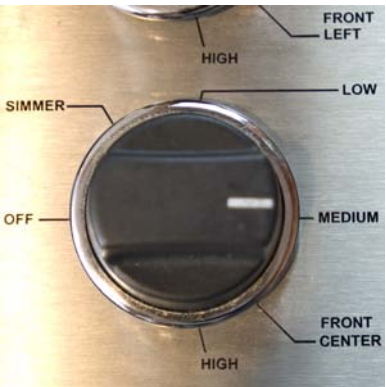
\_\_\_\_\_ 8. Grease pan.



\_\_\_\_\_ 9. Put pan on to stove.



\_\_\_\_\_ 10. Put egg mixture into pan.



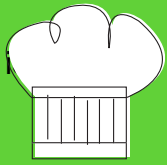
\_\_\_\_\_ 11. Turn on stove to medium.



\_\_\_\_\_12. Stir until no more liquid.



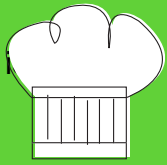
\_\_\_\_\_13. Turn off stove.



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*Here's how to make two scrambled eggs (one serving).*

- \_\_\_\_\_ 1. Get 2 eggs. Get liquid measuring cup. Get tablespoon. Get skim milk. Get measuring spoons. Get salt. Get pepper. Get whisk. Get pan. Get olive oil cooking spray. Get long handled spoon.  
Get two fresh eggs, a clean liquid measuring cup, a clean tablespoon, fresh skim milk (check the expiration date to make sure it's still good), clean measuring spoons, salt, pepper, a clean whisk, a clean pan for cooking, olive oil cooking spray, and a clean, long handled spoon for stirring and serving.
- \_\_\_\_\_ 2. Crack eggs into liquid measuring cup.  
Using one or two hands, crack open the eggs into the measuring cup. Throw away the empty egg shells.
- \_\_\_\_\_ 3. **Problem?** Take out any egg shell pieces.  
Using the tablespoon, spoon up and throw away any small egg shell pieces that may have broken off into the eggs in the measuring cup.
- \_\_\_\_\_ 4. Measure 2 teaspoons milk.  
Using the measuring spoons, measure two teaspoons of milk.
- \_\_\_\_\_ 5. Put milk into liquid measuring cup.  
Put the milk from the measuring spoons into the measuring cup with the eggs.
- \_\_\_\_\_ 6. Put in dash of salt and pepper.  
Using salt and pepper shakers, add a dash of each to the measuring cup with the eggs and milk.  
A dash means a little bit--a shake or two of the shaker.
- \_\_\_\_\_ 7. Mix.  
Using your one hand, hold the measuring cup to keep it steady. Using your other hand and the whisk, stir the egg mixture in the measuring cup until all of the ingredients are well blended.



- \_\_\_\_\_ 8. Grease pan.  
Using your one hand, hold the pan to keep it steady.  
Using your other hand and the olive oil cooking spray, generously grease the pan.
  
- \_\_\_\_\_ 9. Put pan on to stove.  
Put the pan on to a stove burner.
  
- \_\_\_\_\_ 10. Put egg mixture into pan.  
Using your one hand, hold the pan to keep it steady.  
Using your other hand and the measuring cup, put the the egg mixture into the pan by tipping the spout of the measuring cup down, over the pan.
  
- \_\_\_\_\_ 11. Turn on stove to medium.  
Turn the stove burner on to a medium heat.
  
- \_\_\_\_\_ 12. Stir until no more liquid.  
Using your one hand, hold the pan to keep it steady and safe.  
Using your other hand and the long handled spoon, stir the eggs often while they are cooking and until there is no more liquid.
  
- \_\_\_\_\_ 13. Turn off stove.  
Turn off the stove burner when the eggs are solid and there is no more liquid egg left in the pan.  
If the eggs start to turn brown, you've cooked the eggs too long.