

Eggs



Scrambled

Crack eggs in a mixing bowl with black pepper and garlic powder and scramble together with a whisk or fork. Add 1 teaspoon of water for each egg and continue whisking. Pour into a greased pan and cook for 1-2 minutes. Use a spatula to push the eggs into the center of the pan until fully cooked.

Boiled

Place eggs in water, bring to a boil, then remove from heat, place a lid on the pot, and let stand for 12 minutes. Drain and run under cool water. Peel when cool.



Poached

Add water and 2 teaspoons white vinegar to a pot, bring to a simmer. Crack each egg into a cup and slide into the water. Cook 2-3 minutes for slightly runny yolks. Use a slotted spoon to remove.

Microwaved

Beat an egg with a little milk, pour into a microwave-safe mug, and heat for 1 minute.



Omelet

Follow instructions for scrambled eggs, but push egg into the center of the pan until there's no liquid left. Flip the egg and cook for a few seconds. Add fillings, then fold and cook for another minute or so.

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