

## Basic Scrambled Eggs

**Prep time**

3 mins

**Cook time**

5 mins

**Total time**

8 mins

These scrambled eggs are cooked to perfection, no more overcooked scrambled eggs.

Author: Stephanie  
Recipe type: Breakfast  
Serves: 2



### Ingredients

- 4 large cage-free omega-3 eggs (cage-free for animal kindness and omega-3 for brain and heart health)
- 2 tbs. milk or water
- salt and pepper to taste (optional)
- non-stick cooking spray

### Instructions

1. Break the eggs into large mixing bowl, picking out any egg shells
2. Add the milk and whisk with fork or a whisk  
The more you whisk the more air will be incorporated and the fluffier the eggs.  
Personal preference if you like your eggs fluffy.
3. Using a nonstick pan heat the pan over medium low heat  
This step is very important, using the right heat is essential.
4. Coat with a nonstick cooking spray
5. Add the eggs and let set for a few minutes



6. Using a rubber spatula begin pushing the eggs from the sides to the middle to create big curdles.
7. Don't over mix the eggs but continue this pushing until eggs become just almost done.
8. Take the eggs off the heat  
The eggs will continue to cook for a minute or so until cool enough to eat.

### Nutrition Information

Serving size: 1/2 recipe Calories: 175 Fat: 8 Protein: 12

Recipe by MyRD Nutritionist at <http://myrdn.com/basic-scrambled-eggs/>