Ways to cook eggs

cook well **eat well**

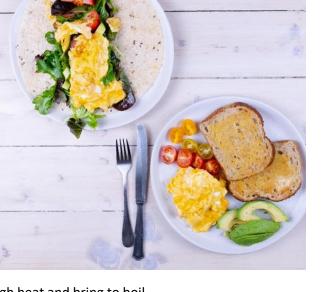
J-2 eggs per serve

How to fry an egg

Method

- 1. Heat **1 tablespoon olive oil** in a pan over medium heat.
- 2. Crack **2** eggs into the pan on opposite sides so they do not touch.
- 3. Fry for 1-2 minutes until the egg white turns white.
- 4. Remove from heat and serve.

How to boil an egg



Method

- 1. Fill a saucepan ¾ full with water. Place saucepan over medium-high heat and bring to boil.
- 2. Using a spoon, gently place eggs in the water, making sure not to crack them.
- 3. Boil in water for 7 minutes. Remove from saucepan and place in a bowl of cold water.
- 4. Crack the shell by gently hitting it on the surface of the bench or using a spoon. Peel the shell and discard.
- 5. Serve.

How to scramble an egg

Method

- 1. Crack 4 eggs into a medium bowl. Add 2 tablespoons milk and season with salt and pepper.
- Whisk mixture with a fork until all ingredients are combined. The mixture should look pale yellow. Heat ½
 tablespoon olive oil in a frying pan over medium heat. Add egg mixture to the pan. Begin to push the egg to the
 centre of the pan with a spatula. As the egg is pushed around it will begin to turn firm.
- 3. Continuing pushing the mixture until the eggs are firm.
- 4. Remove from heat and serve.

Feeding Kids Tips *Kids enjoy mixing and could whisk the eggs. Getting them involved in cooking can help them eat new foods.*

