

Basic Scrambled Eggs

- **Ingredients**

- 2 eggs
- 2 tbsp (30 ml) milk (1%)
- Pinch salt
- Pinch pepper

- **Instructions**

- Step 1 Whisk eggs, milk, salt and pepper in small bowl.
- Step 2 Spray skillet with cooking spray. Heat skillet over medium-high heat until hot enough to sizzle a drop of water.
- Step 3 Pour in egg mixture and immediately reduce heat to medium-low. As eggs begin to set, gently move spatula across bottom and side of skillet to form large, soft curds.
- Step 4 Cook until eggs are thickened and no visible liquid egg remains, but the eggs are not dry.