

Cheesy Scrambled Eggs From A Jar



Here's a great recipe that will make a Saturday morning breakfast special. Serve with whole wheat toast and fresh fruit for a healthy way to start the day!

Ingredients:

- 8 eggs
- 1/2 cup reduced fat milk
- Dash of pepper
- 1/4 cup shredded cheddar cheese
- 1 TBSP butter



Directions:

- 1) Crack each egg on the side of a bowl. Holding the egg over the bowl, gently pull the egg shell apart on the crack and let egg fall into the bowl. Repeat with all 8 eggs.
- 2) Check to make sure that the eggs have no red specks or egg shell bits in it. Then pour the eggs into a 1-quart wide mouth jar with lid.
- 3) Measure the milk. Add it to the jar along with the dash of pepper and shredded cheese.
- 4) Screw the lid onto the jar tightly. Shake the jar until the ingredients are mixed well.
- 5) Place the butter into a 10-inch skillet and place on stove over medium heat.
- 6) When the butter bubbles, carefully pour the eggs into the skillet. Let cook for one minute without stirring.
- 7) Use wooden spoon to gently stir the eggs for about 3-4 minutes or until the eggs are cooked but still moist-looking. Remove skillet from heat and turn off the stove. Serve immediately.

