

Scrambled Eggs

1 or 2 servings

2 Large eggs

2 tablespoons skim or 1% low-fat milk

1 teaspoon butter or cooking oil OR cooking spray

Salt & pepper to taste

In small bowl, beat together eggs and milk with salt and pepper to taste, if desired, until blended. In a 7- to 8-inch omelet pan or skillet over medium heat, heat butter or cooking oil until just hot enough to sizzle a drop of water. Pour in egg mixture.

As mixture begins to set, gently draw an inverted pancake turner completely across bottom and sides of pan, forming large, soft curds.

Continue cooking until eggs are thickened and no visible liquid egg remains. Do not stir constantly.