

Scrambled Eggs



Makes:

2 servings

Utensil:

8" Chef's Gourmet Skillet
small mixing bowl

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Recipe:

Contributed By:

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2 eggs
1 teaspoon
water
(5
mL)
sea salt, to taste (optional)

Directions:

1. In a bowl, beat together eggs and water with a fork for approximately 30 seconds or until fluffy.
2. Preheat skillet on medium heat. When several drops of water sprinkled on pan skitter and dissipate, pour in beaten eggs.
3. Gently stir or fold the eggs until cooked, approximately 30 seconds, or until desired consistency is reached.
4. Add sea salt to taste, if desired.

Nutritional Information per	
Serving	
Calories:	72
Total Fat:	5g
Saturated Fat:	2g
Cholesterol:	212mg
Sodium:	70mg
Total	0g
Carbs:	
Dietary Fiber:	0g
Sugar:	0g
Protein:	6g
Sea salt not included in analysis	