

It doesn't matter what time of the year it is, or what time of the day - scrambled cheese eggs are a yummy side dish and are also great as the main course. Make for a single person or make a large batch for the family.

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Basic Scrambled Cheese Eggs

Eggs - for a single serving 2 eggs or 3 eggs are good, depending on whether it will be a side dish or main course

Black Pepper

Cayenne Pepper (optional)

Milk

Shredded Cheese - use your favorite cheese flavor; different cheese varieties give the final scramble different tastes

Crack eggs into bowl. Use fork to beat eggs until yolks and whites are mixed. Sprinkle black pepper into beat eggs. Add a small dash of cayenne pepper if desired for a slight zing. Add just a splash of milk. Stir pepper(s) and milk into eggs. Stir in shredded cheese until moistened. Set bowl to the side near stove.

Heat burner to high heat and turn down to between medium and medium high. Place non-stick skillet on heated burner and pour egg mixture into skillet. Immediately begin moving eggs around skillet with a spatula and continue until eggs are completely cooked. Slide eggs onto plate.

Notes:

* Do not use a wooden bowl to beat the egg mixture as the raw egg can contaminate the wood.

* I use a small 8-inch skillet since I do one batch at a time. (We each have our own favorite combinations.) If making a large family batch, a large skillet will work better.

* If skillet is not non-stick, add a small amount of olive oil to bottom of pan immediately prior to adding eggs.

* The amount of shredded cheese that you use is based on how cheesy you like your scrambled eggs. I use probably about 1/2 cup of shredded cheese with 2 eggs for a single batch, and it has a nicely cheesy flavor without overdoing the cheese.