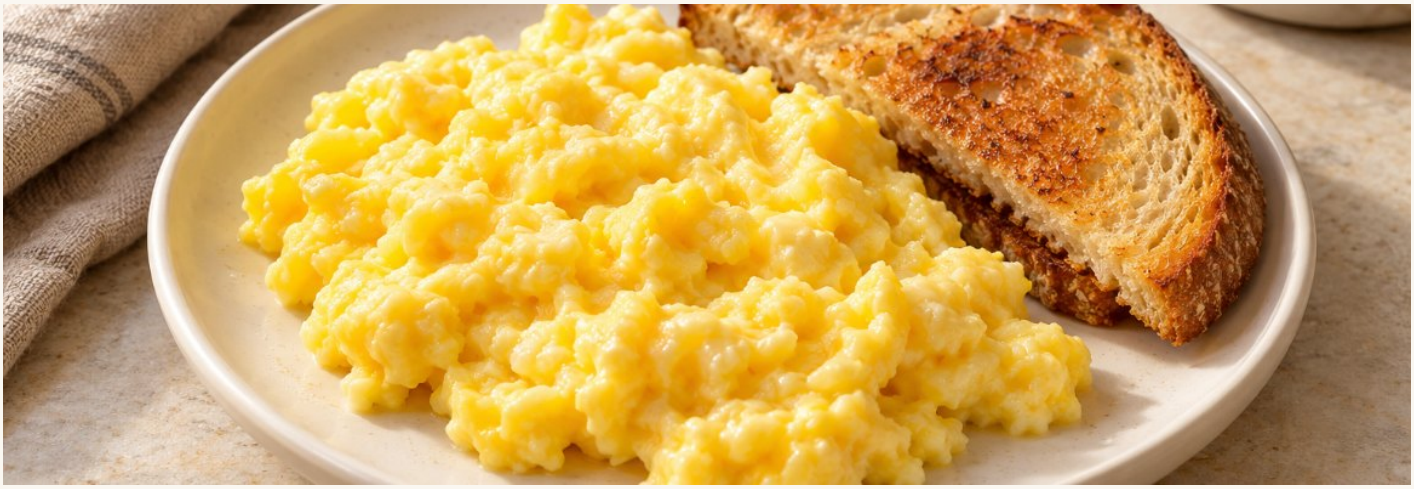


How to Make Scrambled Eggs With Cream

A quiet morning, a warm skillet, and a few simple ingredients. These creamy scrambled eggs are a lovely little skill to have in your everyday kitchen.

MAKES 1 SERVING • PREP 2 MIN • COOK ABOUT 3-5 MIN

Ingredients

- 2 large eggs
- 1 tablespoon heavy cream
- a light coating of cooking spray
- pinch of salt
- pepper if desired

How to Make It

1. Whisk eggs, cream, and salt until fully combined.
2. Lightly coat a cool nonstick skillet with cooking spray, following the label. Spray away from flames; do not spray a hot pan. Warm over medium-low heat.
3. Add eggs. Pause briefly, then gently push the set edges toward the center so uncooked egg flows onto the pan.
4. Fold slowly until set throughout and no liquid egg remains; egg dishes should reach 160 F. Serve immediately.

Jane’s Note

I use cooking spray in the pan and add cream to my scrambled eggs. Keep the heat gentle.

Use 1 tablespoon cream per 2 eggs as a starting point and adjust to your taste. Toast is an optional serving suggestion.

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