

# 6 Ways to Cook Eggs

## Baked Hard

Preheat the oven to 350 degrees F (175 degrees C). Put one whole egg (do not crack the eggs) in each of 12 muffin cups. Bake in preheated oven for 30 minutes. Plunge the baked eggs in a large bowl filled with ice water until cooled completely, about 10 minutes.

## Hard Boiled

Place eggs in a saucepan and cover with cool water, about one inch above the eggs. Bring the water to a boil then immediately remove from the heat and cover the pot. Let the eggs sit 10-15 minutes. Run them under cool water to stop the cooking process.

## Soft Boiled

Place the eggs in a saucepan and cover them with cold water. Bring the water to a boil over high heat then cover the eggs and shut off the heat. Let the eggs sit 2 to 8 minutes (two minutes will be very runny; 8 minutes will be closer to hard boiled).

Crack off the end and scoop out the inside with a spoon.

## Sunny side up

Heat a tablespoon of butter (or use cooking spray) in a skillet over medium heat. Once the butter is melted, crack an egg into the butter and cook the egg until the egg white turns opaque (almost fully white). Cover the skillet and let the egg cook for 2-4 more minutes.

## Over easy

Heat a tablespoon of butter (or use cooking spray) in a skillet over medium heat. Once the butter is melted, crack an egg into the butter and cook the egg until the egg white turns opaque (almost fully white). Carefully flip the egg over and cook for one more minute.

## Scrambled

Heat a tablespoon of butter (or use cooking spray) in a skillet over medium heat. Crack one or two eggs into a bowl and whisk the eggs using a fork. You could also add a dash of milk or cream to the mixture. Pour the eggs into the melted butter. Using a spatula, gently pull the eggs into the center of the pan and let the liquid parts run out around the outside. Keep moving the eggs continually until all of the liquid is set – about 1 and a half to three minutes. Season as you like!

