**Poached and Scrambled Eggs**

**Ingredients:**
- 1 egg
- 1-2 tablespoons water
- Splash white vinegar

**Directions:**
- Place water and vinegar into microwavable-safe bowl.
- Crack egg into bowl. If doing scrambled eggs, scramble the egg prior to adding to bowl. And, skip the vinegar.
- Place saran wrap around bowl.
- Microwave on high for 1 minute
- Use spoon to take out eggs and drain out water.

**Did you know?** Egg inspection includes a process called candling. During this process, a candle is held against the egg to check the shell, albumen, and yolk condition. Today, candling is done sonically; probes tap the egg for sounds- a high pitch and a sustained ring indicates a healthy egg.

**Benefits:** Eggs, both the white and the yolk, are rich in protein. The yolk has 2.7 grams of protein and the white has 3.7 grams. Egg yolks are rich in iron, which carries oxygen on red blood cells.

$\$: One egg is between 0.20-0.30 cents, depending on if you buy organic or conventional.

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