Eggs Four Ways

Hard Boiled Eggs
1. Place eggs in a pot of water submerged fully under water.
2. Cover pot with lid and turn heat on high.
3. Bring eggs almost to a boil. Once about to boil, turn off heat and leave in pot with lid on for 17 min.
4. When time is up, cool under cold running water and enjoy!

Poached Eggs
1. Bring shallow pot of water to a simmer over medium heat. Add a splash of white vinegar to the water.
2. Crack egg into small bowl. Use a slotted spoon to swirl the water in one direction to make a whirlpool then gently pour the egg out of the bowl into the center of the whirlpool. Cook for 3-5 minutes.
3. Lift the egg out of the water with slotted spoon and drain on paper towels.

Scrambled Eggs
1. Crack eggs into a bowl and whisk with fork until yolk and whites are blended.
2. Add butter or oil to pan and turn on medium heat.
3. Once pan is hot, add egg mixture.
4. As eggs begin to set, gently pull eggs across the pan with a spatula, forming large soft curds. Continue until no visible liquid egg remains.

Over Easy or Sunny Side Up Eggs
1. Take pan, heat on low, and add butter or oil.
2. Add egg to pan on top of butter or oil.
3. Slowly cook egg until all egg white is cooked through and no longer liquid. For sunny side up, serve once cooked.
4. For over easy egg, flip once egg white is mostly cooked. Finish cooking whites once flipped then serve.

To reduce the risk of illness:
Wash all produce thoroughly under running water before preparing and/or eating.
Avoid cross-contamination. Do not mix raw meat with ready-to-eat items.
Refrigerate perishable foods promptly and consume by expiration date.