**C:\Users\rjohnson\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\MK5V3KIO\MC900150723[1].wmfBreakfast Burrito**

***Ingredients***:

\_\_\_\_\_\_\_ large eggs (1 egg per person in group)

¼ c milk

Salt and pepper to taste

Cooking spray

1T grated cheddar (per person)

1T salsa (per person)

\_\_\_\_\_\_\_ flour tortillas (1 tortilla per person)

***Directions:***

\_\_\_\_\_ 1. In medium bowl, with a wire whisk beat egg with milk, salt and pepper to taste.

\_\_\_\_\_ 2. Heat pan over medium heat and coat with cooking spray.

\_\_\_\_\_ 3. Put egg mixture in pan and scramble using a rubber spatula (egg should be moist)

\_\_\_\_\_ 4. Place tortillas on a paper plate and put in the microwave for 20 seconds.

\_\_\_\_\_ 5. Place scrambled egg in center of tortilla and top with cheese and salsa if desire.

\* about half a cup of scrambled eggs per person\*

\_\_\_\_\_ 6. Fold tortilla sides over egg mixture (looks like a taco)

***Eat and Enjoy!***

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

FACS7- Scrambled Eggs Notes Period \_\_\_\_\_\_\_

**How to Scramble Eggs**

**Introduction:** Scrambled eggs are delicious plain or when mixed with other ingredients. Properly scrambled eggs have a delicate flavor, which can be enhanced by combining them with vegetables, such as green or red peppers, onions, broccoli, tomatoes, and mushrooms; herbs, such as basil or chives; protein ingredients, such as cheese, bacon, or sausage pieces; or toppings, such as a zesty tomato salsa or guacamole.

**Objectives: You will be able to:**

* Explain how to scramble eggs.
* Discuss the guidelines to follow for scrambling eggs.
* Identify ways to vary scrambled egg recipes.
* Demonstrate how to scramble eggs and serve them.

**Cooking Process:**

* \_\_\_\_\_\_\_\_\_\_\_\_\_ eggs and milk until well blended. Use 1T of liquid per egg. Note that too much liquid can cause the eggs to be watery.
* Heat a small amount of \_\_\_\_\_\_\_\_\_\_\_\_\_\_ on low in a skillet. Use butter, margarine or cooking spray to coat the skillet before you start to heat it.
* Pour the egg mixture into the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* As the mixture starts to thicken, use a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ gently through the eggs. This process forms large, fluffy eggs and allows uncooked egg to flow to the bottom of the skillet.
* Continue this process until the eggs are thickened and no visible \_\_\_\_\_\_\_\_\_\_\_\_\_ remains. Avoid stirring constantly. The finished eggs will be \_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Just the Facts:**

* **High in protein.**
* **Limit egg yolks you eat they are high in cholesterol.**
* **Eggs can be cooked several ways; frying, poaching, cooking in the shell.**

Breakfast Burrito Recipe Worksheet

Kitchen # \_\_\_\_\_ Period \_\_\_\_\_

1. What food groups are represented in the Breakfast Burrito?
2. What utensils did you use to complete this recipe?
3. List one guideline to follow when cooking scrambled eggs.
4. What would happen to the eggs if you cooked them on high heat?

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Cooking Process:**

* Beat eggs and milk until well blended. Use 1T of liquid per egg. Note that too much liquid can cause the eggs to be watery.
* Heat a small amount of fat on low in a skillet. Use butter, margarine or cooking spray to coat the skillet before you start to heat it.
* Pour the egg mixture into the skillet.
* As the mixture starts to thicken, use a wooden spoon gently through the eggs. This process forms large, fluffy eggs and allows uncooked egg to flow to the bottom of the skillet.
* Continue this process until the eggs are thickened and no visible liquid remains. Avoid stirring constantly. The finished eggs will be light and fluffy.

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