

Scrambled Eggs

This simple recipe yields one egg.



FIELD & FORK

CAMPUS FOOD PROGRAM
UNIVERSITY OF FLORIDA

Ingredients:

2 Tbsp	Scrambled egg powder
3 Tbsp	Warm water
	Dehydrated bell peppers
	Dehydrated onions
	Powdered or freeze dried cheese (optional)
	Salt and pepper (to taste)
	Garlic salt (to taste)
	Canned ham (optional)
	Ketchup or salsa (optional)
	Oil

Directions:

1. Mix the amount of desired eggs
2. Pour into pan with a small amount of oil
3. Cook over medium heat
4. Hydrate desired amounts of remaining ingredients in warm water for about 5 minutes
5. Top with ketchup or salsa