

# Scrambled Eggs

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*This simple recipe yields one egg.*



HITCHCOCK  
FIELD & FORK PANTRY

CAMPUS FOOD PROGRAM  
UNIVERSITY OF FLORIDA

## **Ingredients:**

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|--------|--|
| 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