

Betty's Good Morning Fried Egg Breakfast Recipe



Uploaded on 22 Aug 2009

In this video, Betty makes a Fried Egg Breakfast, with accompaniments. Starting the day with a big breakfast is sure to get your metabolism up and going!

Ingredients:

1 tablespoon butter or margarine
2 eggs
salt and pepper, to taste

Melt butter or margarine in a small to medium-sized skillet or saucepan. When the melted butter or margarine is hot (not smoking), break two eggs on opposite sides of the skillet. (They will probably touch.) Salt the eggs lightly at this point. Reduce the heat and cook the eggs, until they are ready to be turned, and then turn them one at a time, browning both sides. Depending on your taste, you may cook them all the way through, or leave them runny on the inside. When done to your taste, remove them from the skillet, place them on a serving plate, and sprinkle on some pepper, if desired. Some good accompaniments for fried eggs are whole wheat toast (lightly buttered), crisp bacon, fresh peaches (or any in-season fruit), a couple of strawberries for garnish, and a cup of freshly brewed coffee (or tea). This breakfast is a real eye opener in the morning!