

The Perfect Egg – from the Kitchen of Gail Johnson

Why perfect? Because it's cooked with no added fat, and a perfect egg is low calorie, nutritious and delicious. It takes about one minute to prepare - and there is virtually no clean up afterwards. It's perfect for busy people on the go, or for anyone who wants a quick, easy nutritious breakfast.

For best results cook the egg in a well-glazed (shiny and smooth), microwave safe, 4-inch diameter cup with straight sides and a flat bottom.

Step 1: In the microwave-safe cup, beat an extra-large egg with about 2 teaspoons of added water for easy clean up.

Step 2: Place cup in microwave at full power for approximately 30 seconds, or until the egg begins to rise, gets fluffy and almost all the added water has evaporated. (The actually cooking time will depend on how powerful your microwave is.) Salt and pepper to taste.

Step 3: Remove cup from the microwave and slide the egg onto a toasted whole-grain bagel or a slice of whole-wheat toast. Salt and pepper to taste.

Serves 1: Perfect Egg on a 3½-ounce bagel totals about 360 Calories. (Most bagels are approximately 80 Calories per ounce.)

Note that the Perfect Egg can be enhanced by adding herbs and or cooked veggies.

