Eggs are a great source of protein! Try this easy cheesy scrambled egg recipe from Chef Asata for a tasty, nutritious meal.

**MATERIALS:**

- 3 eggs
- Shredded cheese
- Skillet
- Spatula
- Bowl
- Whisk or fork

**PROCEDURE:**

**Step 1:** Crack eggs into a bowl.

**Step 2:** Season the eggs with salt and pepper.
Step 3: Using a fork or whisk, beat the eggs until smooth.

Step 4: Melt a slice of butter in a hot skillet.

Step 5: Pour the beaten eggs into the hot pan.
Step 6: Using a spatula, push the edges of the eggs toward the center of the pan as they cook.

Step 7: Once the eggs have cooked, sprinkle shredded cheese on top.

Step 8: When the cheese has melted, place the eggs on a plate and enjoy!