

# Fried Eggs

Included here are sunny-side up, over easy, over medium, and over hard eggs. Oftentimes, fried eggs are cooked in a lot of butter, which is high in unhealthy saturated fat. For a healthier cooking approach, use plant oils that are liquid at room temperature (e.g., olive or avocado oils) and use only the amount needed to prevent sticking. Using a nonstick pan reduces the need for excess oil in cooking. For risk reduction, but to have some butter flavor, use primarily plant oils with a very small amount of butter mixed in to lend the butter flavor but with a significant reduction in saturated fat.



Serves: 1 egg

## INGREDIENTS

### Eggs

1 to 1½ teaspoons (5 to 7.5 milliliters) oil per egg

## INSTRUCTIONS

1. Ideally, use a nonstick omelet pan, but any nonstick skillet will work. Set it over medium heat. Once warm, add oil.
2. Break the eggs into a dish to prevent breaking the yolks.
3. Test pan with a drop of water; it is ready when the drop sizzles immediately. If it spatters, the pan is too hot. If it doesn't sizzle, the pan is too cold.
4. Reduce heat to low and follow the directions below depending on the type of eggs you're preparing. It is best not to make more than 2 eggs per pan.

| Description   | Directions                                                                                                        |
|---------------|-------------------------------------------------------------------------------------------------------------------|
| Sunny-side up | Cook slowly until white is completely set, but yolk is still bright yellow and soft. DO NOT FLIP.                 |
| Over easy     | Fry eggs on one side, then flip over. Cook just until the white is completely set but the yolk is still liquid.   |
| Over medium   | Fry eggs on one side, then flip over. Cook just until the white is completely set and the yolk is partially set.  |
| Over hard     | Fry eggs on one side, then flip over. Cook just until the white is completely set and the yolk is completely set. |

Nutritional Info (per 1 egg): Calories 111, Total Fat 9.4 g, Saturated Fat 2.2 g, Cholesterol 186 mg, Sodium 71 mg, Total Carbohydrate 0 g, Dietary Fiber 0 g, Sugars 0g, Protein 6.3 g, Vitamin A 9%, Calcium 2%, Iron 5%, Zinc 6%, Vitamin B12 19%, Vitamin D 10%

► To view the video for this recipe, and all electronic resources associated with the Culinary Medicine Curriculum, please see <https://bit.ly/culinarymededucation>.