

Egg 'n Cheese Stacker

Ingredients For Lab:

- 2 eggs (1 per person)
- 2 tsp butter
- 2 English muffins
- 2 slices ham
- 2 slices cheddar cheese
- 1 cup orange juice

Steps:

1. Toast English muffins in toaster. Place on separate plates when finished.
2. Melt 1tsp butter in microwave oven for 15 seconds, uncovered. Crack egg into custard bowl and break yolk with a fork, gently combine yolk and white. Microwave for 45 seconds, covered with a piece of paper towel. If yolk still runny, microwave for 15 more seconds, making sure not to overcook. Season with salt and pepper to taste.
3. Place one slice of ham on half of English muffin (fold in half if too large). Place slice of cheese on ham, followed by cooked egg. Microwave this half of the English muffin for 15 seconds, enough to begin melting cheese. Cover with other half of English muffin and put plate on kitchen table.
4. Fill water glasses with 1/2 cup orange juice per person and place on kitchen table.
5. Kitchen may eat, leaving 20 minutes for clean-up.