



## Microwave Hard Boiled Eggs

### Ingredients:

1 egg  
Nonstick cooking spray

### Equipment:

Custard cup or small microwave container  
Knife

### Directions:

1. Lightly spray small custard cup or other small microwave container.
2. Crack an egg into container. Piece egg yolk gently.
3. Cover and cook on Medium power (50%) for 45 seconds 1½ minutes.  
Check egg after 45 seconds, and finish cooking at 15 second intervals until egg is solid.
4. Let stand and cool before slicing or chopping.

This is an excellent way to prepare eggs for salads, etc. You won't have to peel them either! Several eggs may be done at once, but they need to be rotated to cook evenly. Eggs take 45 seconds (1½ minutes per egg). A shorter time per egg is required when cooking several eggs. The reason for this is explained in "Dealing with Multiples" in *Definitive Microwave Cookery II*.

### Nutrition Facts per Serving:

Calories	43
Fat	3g
Cholesterol	120mg
Saturated fat	93g
Sodium	35mg
Carbohydrate	31g
Calcium	14mg

Recipe from *Microwave Cooking with Carolyn Dodson*: <http://www.goodnuke.com/recipes>