



Microwave Egg & Veggie Breakfast Bowl

INGREDIENTS

- 1 egg
- 1 tablespoon water
- 2 tablespoons thinly sliced baby spinach
- 2 tablespoons chopped mushrooms
- 2 tablespoons shredded, fat-free mozzarella cheese
- 2 grape or cherry tomatoes, sliced

DIRECTIONS

1. Coat 8-oz. ramekin or custard cup with cooking spray. Add egg, water, spinach and mushrooms; beat with fork until blended.
2. Microwave on high 30 seconds; stir. Microwave until egg is almost set, 30 to 45 seconds longer.
3. Top with cheese and tomatoes. Serve immediately.

NUTRITION ANALYSIS (PER SERVING)

This recipe from the American Egg Board's Egg Nutrition Center is an American Heart Association Heart-Check Certified recipe.

