

Microwave Denver Scramble

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6 servings

Ingredients:

- 6 eggs
- 1 yellow onion, chopped
- 1 green bell pepper, chopped
- ½ c. ham, cut into bite-size pieces
- ½ c. shredded potatoes, cooked
- ½ c. shredded low-fat cheese
- Salt and pepper to taste
- Non-stick spray

Tip: Prepare all the ingredients ahead of time and store them in individual containers (excluding the egg)

Tip: Switch it up with turkey, mushrooms, tomatoes, egg whites, or extra seasonings!

Directions:

1. Coat the inside of a microwave safe mug with non-stick cooking spray
2. Add 1 Tbsp each of yellow onion, green pepper, ham, potatoes, and cheese to the mug (adjust amounts to taste)
3. Crack 1 egg into the mug; stir until egg is combined and ingredients are evenly distributed
4. Microwave covered for 30 seconds; stir
5. Microwave covered for 20 seconds; stir
6. Continue microwaving in 15 second increments until the egg mixture is cooked through and heated to 160°F
7. Enjoy plated or straight from the mug

Tip: Add whole grain toast, a side of fruit, and a glass of low-fat milk for a balanced meal