

MICROWAVE EGG & VEGETABLE SCRAMBLE

**5.5 min
total time**

**4 min
prep time**

**1.5 min
Cook Time**

Ingredients (1 serving):

- 1 Egg**
- 1 tbsp Water**
- 4 pieces of baby spinach**
- 2 tbsp chopped mushrooms**
- 2 grape or cherry tomatoes sliced**
- 1 tbsp shredded mozzarella cheese**

Directions:

- **COAT** 8oz coffee mug with olive oil or cooking spray. **ADD** egg, water, spinach, and mushrooms to mug. **BEAT** mixture with fork until blended.
- **MICROWAVE** on **HIGH** 30 seconds and stir. Put mug back in **MICROWAVE** until egg is almost set (30 to 45 seconds longer)
- **TOP** with cheese and tomatoes
- **EAT!**

Nutrition Benefits:

Protein: important for muscle growth, strength and repair.

Vitamin A: Helps boost your immune system and eye health.

Vitamin D: Promotes absorption of calcium for healthy and strong bones.

Choline: Important for metabolism, neurotransmitter formation, muscle health and liver health.

