# MICROWAVE EGG & VEGETABLE SCRAMBLE

<table>
<thead>
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<th>Total Time: 5.5 min</th>
<th>Prep Time: 4 min</th>
<th>Cook Time: 1.5 min</th>
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**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.