



Microwave Egg & Veggie Breakfast Bowl

1 Serving

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)
Calories	101
Total Fat	4.9 g
Saturated Fat.....	1.5 g
Trans Fat.....	0 g
Polyunsaturated Fat	1 g
Monounsaturated Fat	1.8 g
Cholesterol.....	188 mg
Sodium.....	189 mg
Carbohydrates.....	3 g
Fiber	1 g
Sugars	2 g
Protein	11 g
Dietary Exchanges: 1 fat, 1½ lean meat	

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

