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

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

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