



# Microwave Egg & Veggie Breakfast Bowl

## 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)

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

