

Microwaveable Veggie Egg Cup

Just Say Yes to Fruits and Vegetables

This is an easy, fast breakfast or snack using the microwave!



jsyfruitveggies.org

Microwaveable Veggie Egg Cup

Serves 1 ▪ Serving: 1 cup

Just Say Yes to Fruits and Vegetables

This recipe is a quick and easy alternative to its fast food counterpart!

Ingredients:

- ½ cup chopped broccoli
- ¼ cup chopped bell pepper
- 1 tablespoon chopped onion
- 2 eggs, lightly beaten
- 2 tablespoons low fat shredded cheese
- Salt and pepper (optional)

Directions:

1. Spray a microwave safe mug with non-stick cooking spray. Add broccoli, bell pepper, and onion. Stir and microwave on high for 45 seconds.
2. Add eggs and cheese and season with salt and pepper (optional). Stir to combine and microwave on high for 45 seconds.
3. Let the mug cool for 10 seconds. Microwave on high for 30 - 45 seconds.
4. If the top of the egg looks wet, microwave for an additional 15 seconds until egg is raised and fluffy.**
5. Sprinkle egg with additional cheese (optional). Serve and enjoy. Refrigerate leftovers.

*Or until the internal temperature reaches 160 degrees Fahrenheit.

**Microwave temperatures and cooking times may vary.