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.