Zapped Eggs with Vegetables

Ingredients:

2 eggs (or use egg whites only to make it healthier)
1 cup thawed frozen or fresh vegetables

Preparation:

1. Crack eggs into microwave safe bowl
2. Add your choice of vegetables to bowl
3. Cook for 30 seconds on high
4. Stir contents in bowl and cook for another 30 seconds or until firm

Note: Easy modification ideas include adding cheese, spices, or different kinds of eggs!