



ZAPPED EGGS WITH VEGETABLES

Breakfast is ready in a “zap” with this simple and flavorful egg dish made completely in the microwave. Amp up the flavors by adding cheese, spices or different kinds of eggs!

2 eggs (or use egg whites only to make it healthier)

1 cup thawed frozen or fresh vegetables

- 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.



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