**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.

**SNAC**

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