

BEYOND HUNGER

MICROWAVE BREAKFAST SCRAMBLE

These budget-friendly egg scrambles are the affordable version of what you might find at the market. Simply gather and chop your ingredients, layer them in your ceramic mugs (or glass containers), and store them in your fridge until you're ready to eat. These scrambles will keep in the fridge up to 4-5 days, and they are so easy to prepare, even kids can do it! Enjoy for breakfast or a protein-packed snack.

Yield= 4 individual scrambles

Ingredients

2 oz **deli-style turkey or ham**, chopped
1/2 c **bell pepper**, diced
1/4 c **onion**, diced
1/2 c **shredded cheese** (like cheddar or mozzarella)
2 tsp **butter**
8 **eggs**
Salt and pepper, to taste

Instructions

1. Gather 4 ceramic mugs or small glass containers with lids, such as cleaned jelly jars. Divide the turkey/ham, bell pepper, onion, and shredded cheese equally between the containers. Cut the butter into 4, 1/2 teaspoon-sized pieces and add one to each container.
2. Seal the containers with lids or, if using ceramic mugs, wrap each mug tightly with plastic wrap. Store in the refrigerator for up to 4-5 days.
3. When ready to prepare a scramble, pour ingredients into ceramic mug (if not already in mug), crack two eggs into the mug, and stir to combine. Cover the mug with paper towel and microwave on high for 30 seconds. Stir the contents of the mug and microwave for 15 seconds more. Stir the contents again, and continue to microwave in 15 second intervals, stirring after each interval, until the eggs are set but still moist. Be sure not to overcook the eggs or they will be dry. Add salt/pepper to taste and eat right away.

Other flavor combinations: spinach, grape tomatoes, & feta cheese OR cooked sausage, bell peppers, & cheese
Per Serving- Calories 215, Saturated Fat 5.8g, Sodium 338mg, Sugars 2g



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