

## Microwave Scrambled Eggs

*This is another recipe that is so basic, but it also a great time saver at our house. We always have an abundance of fresh eggs at our house and this is a great way to use some of them and also increase our protein intake. We have this for a quick breakfast wrapped in a tortilla or for a comforting dinner. Less time in the kitchen means more time spent with my family.*

- 2 Eggs
- 2 Tbsp. Milk
- Salt and Pepper

Beat eggs, milk, salt and pepper in microwave-safe bowl until blended.

Microwave on high 45 seconds: stir. Microwave until eggs are almost set, 30 to 45 seconds longer. Serve immediately.

### Possible Add-ins

- Cooked Sausage
- Cooked Bacon
- Canadian Bacon
- Ham
- Spinach
- Onion
- Bell Pepper
- Shredded cheese

Recipe Source: [http:// www.incredibleegg.org](http://www.incredibleegg.org)

Nutrition Facts	
Serving Size 1 recipe	
Servings Per Container 1	
Amount Per Serving	
<b>Calories</b> 158	Calories from Fat 90
<b>% Daily Values*</b>	
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 374mg	<b>125%</b>
<b>Sodium</b> 156mg	<b>7%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 2g	
<b>Protein</b> 14g	<b>28%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

What are some of your favorite things to do with your family? What is some of your families favorite things to do with you? Take time to find out these things. You many find similarities in answers but you may also be surprised

