



Microwave Huevos Rancheros Breakfast Bowl



1-800-WIC-1007

Ingredients

- 1 whole wheat tortilla
- 2 eggs
- 1 tablespoon tomato salsa
- 1 tablespoon shredded Monterey Jack cheese
- Pinch of salt and pepper

Directions

1. Line the mug or bowl with the tortilla.
2. Crack the eggs into a small mixing bowl and whisk well. Add a pinch of salt and pepper. Pour egg mixture into the mug or bowl with the tortilla.
3. Top with salsa and cheese and microwave on high for 1 to 2 minutes, until the eggs puff up and are cooked through.
4. Allow it to cool for 1-2 minutes before serving – this dish gets very hot.

Serves: 1 • Serving Size: 1 bowl • Prep Time: 1 Minutes • Cook Time: 5 Minutes

Chef Tips

1. Add a tablespoon of black beans if desired
2. Add a tablespoon of fresh tomatoes, cilantro, chopped spinach, or bell pepper
3. Try cheddar cheese instead of Monterey Jack
4. Top with avocado slices

Supplies

- Large mug or small bowl (microwave-safe)
- Small bowl for whisking eggs
- Whisk or fork
- Measuring spoons



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Nutrition Facts Per Serving: 280 Calories, 15 g Fat, 18 g Carbohydrate, 18 g Protein, 480 mg Sodium