Microwave Huevos Rancheros Breakfast Bowl

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

This institution is an equal opportunity provider.
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

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