**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.
3. Pour egg mixture into the mug or bowl with the tortilla.
4. Top with salsa and cheese and microwave on high for 1 to 2 minutes, until the eggs puff up and are cooked through.
5. 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

**Supplies**

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

**Chef Tips**

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

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