

MICROWAVE DENVER SCRAMBLE SLIDER

- 1 Tbsp. red or green bell pepper (chopped)
- 1 Tbsp. onion (chopped)
- 1 egg
- 1 thin slice deli ham (chopped)
- 1 Tbsp. water
- 1 whole-wheat English muffin (split and toasted)

PREPARATIONS

1. Place peppers and onion in a small bowl. Microwave on high for 30 seconds. Stir.
2. Add egg, ham and water to the pepper and onion mixture. Beat mixture together until the egg is blended.
3. Microwave mixture on high for 30 seconds. Stir.
4. Microwave mixture again until egg is almost set, about 30 to 45 more seconds.
5. Carefully transfer cooked mixture to prepared English muffin. Serve warm.

Makes: 1 serving

Nutritional Information (per serving)

Total Calories	240
Total Fat	6 g
Protein	16 g
Carbohydrates	29 g
Dietary Fiber	4 g
Saturated Fat	2 g
Sodium	550 mg

Source: USDA