

Microwave Denver Scramble Slider

This quick egg scramble sandwich is made fast in the microwave for a great on-the-go breakfast, lunch, or snack.

Prep time: 5 minutes
Makes: 1 servings

Source: myplate.gov

Ingredients

- 2 tablespoons red or green bell peppers (chopped)
- 1 tablespoon onion (chopped)
- 1 egg
- 1 thin slice deli ham (chopped)
- 1 tablespoon water
- 1 slider-sized bun or whole wheat English muffin (split and toasted)

Directions

1. Place peppers and onions in 8-ounce ramekin or in a small bowl. Microwave on high 30 seconds; stir. Add egg, ham, and water, beat until egg is blended.
2. Microwave on high 30 seconds; stir. Microwave until egg is almost set, 30 to 45 seconds longer. Season with salt and pepper, if desired.
3. Serve in bun.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1 Slider

Nutrients	Amount
Calories:	240 g
Total Fat:	6 g
Saturated Fat:	2 g
Cholesterol:	185 mg
Sodium:	550 mg
Total Carbohydrates:	29 g
Dietary Fiber:	4 g
Total Sugars:	9 g
Added Sugars:	4g
Protein	16 g

Utensils Needed

- Cutting board
- Knife
- Small bowl
- Mixing Spoon or Whisk

SHOPPING LIST

Average total cost without oil and seasonings: \$8.43

Average cost/serving: \$2.05

Recipe Makes: 1 Serving

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Bell Pepper



Add to Cart
Eggs



Add 1 to Cart
Onion



Add to Cart
Deli Ham , 2 oz.



Add 1 to Cart
English Muffins

SAVE TIME, SAVE MONEY

My Cooking Notes

Recipe Notes

- Don't overcook. Scrambled eggs will continue to cook and firm up after removed from microwave.
- Microwave ovens vary. Cook time may need to be adjusted.