**Microwave Egg Breakfast Bowl**

Per Serving:

1 egg

1 T Milk

2 T cheese

Salt and pepper to taste

Add On: As a group select up to three add on ingredients and the type of cheese desired.

½ cup frozen potatoes (O’Brien or shredded has browns) Cheddar Cheese

Spinach thinly sliced Mozzarella Cheese

Mushrooms chopped Parmesan Cheese

Grape or cherry tomatoes Monterey Jack Cheese

Breakfast sausage fully cooked Pepper Jack Cheese

Green onions

1. Coat a cereal bowl with melted margarine or cooking spray.
2. If you selected Hash Browns as one add on…put hash browns in cereal bowl and microwave on high 1 minute until hot. Season with salt and pepper, if desired.
3. Break egg and milk into bowl and scramble egg mixture.
4. Add precooked sausage, spinach, mushroom, herb add on selections to beaten egg mixture.
5. Microwave on high 30 seconds, stir mixture. Continue cooking and stirring at 20 -30 second intervals until eggs are almost set.
6. Top with cheese; season with salt and pepper.
7. Cover bowl with foil. Let the eggs set covered for another minute. Eggs will continue to cook and firm up after removed from microwave. Do Not Overcook!
8. Top egg mixture with fresh tomatoes, green onions, herbs, and condiments available i.e. ketchup, salsa, etc.