



MICROWAVE DENVER SCRAMBLE SLIDER

Yield: 1 slider
Serving Size: 1 slider

INGREDIENTS	DIRECTIONS
2 tablespoons chopped red or green bell peppers	Place peppers and onions in a small bowl. Microwave on high 30 seconds; stir. Serve in bun.
1 tablespoon chopped onion	
1 egg	Tip: Use pre-chopped frozen veggie to speed up the preparation process. Add egg, ham and water, beat until egg is blended. Microwave on high 30 seconds; stir. Microwave until egg is almost set, 30 to 45 seconds longer. Season with salt and pepper, if desired.
1 slice deli ham (chopped)	
1 tablespoon water	
1 slider-size bun or whole wheat English muffin (split and toasted)	

Nutrition Comparison

	Fast Food Breakfast Egg Sandwich	Denver Scramble Slider
Calories	300	240
Fat	12 g	6 g
Saturated Fat	6 g	2 g
Cholesterol	245 mg	185 mg
Sodium	750 mg	550 mg
Carbohydrates	30 g	29 g
Fiber	2 g	4 g
Protein	18 g	16 g