



MICROWAVE DENVER SCRAMBLE SLIDER

Yield: 1 slider
Serving Size: 1 slider

| INGREDIENTS | DIRECTIONS |
|---|--|
| 2 tablespoons chopped red or green bell peppers | <p>Place peppers and onions in a small bowl. Microwave on high 30 seconds; stir. Serve in bun.</p> <p>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.</p> |
| 1 tablespoon chopped onion | |
| 1 egg | |
| 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 |