SCRAMBLED EGGS IN THE MICROWAVE

Prep Time: 2 minutes
Cooking Time: 3 - 5 minutes
Makes 1 serving

Ingredients

10 mL (2 tsp.) soft margarine or butter
2 eggs, lightly beaten
1 green onion, chopped (optional)
Salt and pepper, to taste

Directions

Measure margarine into a medium-sized microwavable bowl. Place in the microwave and cook on HIGH power for 30 seconds – or until melted and hot.

Remove bowl from microwave, gently swirl the margarine to coat the sides of the bowl, and add in the eggs and green onion. Cook for 30 seconds more. Stir to break up the clumps that will have formed around the edges.

Continue to cook at 10-second intervals, stirring well after each, until eggs are done the way you like them – about 30- to 45 seconds more, depending on your microwave.

Serve with whole-grain bread and a piece of fruit for a complete breakfast.

Are brown eggs healthier than white eggs?
No, brown eggs simply come from brown-feathered chickens, and white eggs from chickens with white feathers. The nutritional value of both brown and white eggs is nearly identical.

Do I need to buy “Omega-3” eggs?
No, although omega-3 fats are important for good nutrition, the best source comes from eating fatty fish like salmon and sardines. The type of omega-3 fats in fish is called DHA/EPA which is known to have many heart health benefits, while “omega-3” eggs usually contain ALA, a form of the fatty acid that is less efficiently used by the body.

Quickier than the line-up at Tim’s, this breakfast is filling, cheap, and healthy! Eggs are a great source of protein, vitamin B12 and many other important nutrients.

Research shows that eating eggs does not significantly raise LDL (“bad” cholesterol) levels or contribute to the risk of heart disease for most healthy people.

✓ Budget-Friendly
✓ Quick & Easy
✓ Gluten-Free