

Title: Denver Scramble Slider

<u>Code</u>
\$, Q

Ingredients Needed:

- 1 Tablespoon chopped red or green bell pepper
- 1 Tablespoon chopped onion
- 1 egg
- 1 slice of ham (chopped)
- 1 Tablespoon water
- 1 whole wheat bun or English muffin



<u>Nutrition Facts:</u>	
Yield	1
Calories	240
Total Fat	6 g
Sat Fat	2 g
Sodium	550 mg
Added Sugar	4 g
Fiber	4 g
Carbohydrates	29 g
Protein	16 g

Recipe Directions:

- Place peppers and onions in a small, microwave safe bowl. Microwave on high 30 seconds; stir. 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.
- Serve in bun.