

EGG-SPINACH SCRAMBLE MUG

ALL YOU NEED:

- 3 Hy-Vee large eggs
- 2 tbsp. Hy-Vee 2% reduced-fat milk
- ¼ tsp. Hy-Vee Italian seasoning
- Hy-Vee salt
- Hy-Vee ground black pepper
- 1/4 cup fresh spinach leaves, chopped
- 2 tbsp. Hy-Vee finely shredded sharp Cheddar cheese
- Fresh tomato, chopped, for serving

Kitchen Supplies:

- 12-oz. microwave-safe mug
- Hy-Vee nonstick spray
- Fork



ALL YOU DO:

1. Spray a 12-oz. microwave-safe mug with nonstick spray.
2. Combine eggs, milk, Italian seasoning, salt, and pepper in prepared mug with a fork. Stir in spinach and cheese.
3. Microwave on HIGH for 2 minutes or until egg is cook through (165 degrees). Serve topped with tomato and ENJOY!