



Be Heart Smart *

'Move More' Tip of the Day

Active Family Game night– shoot some hoops, take a walk, or play hide and seek

Scrambled Eggs in a Mug

Servings 1 | Prep time 5 mins. | Total time 7 mins.

Ingredients

- 1 teaspoon unsalted butter
- 1 large egg
- 1 1/2 tablespoons low-fat milk
- Pinch of salt
- Pinch of black pepper
- 1/4 cup fresh, diced, mixed vegetables (halved grape tomatoes, broccoli, and onion)
- 1/2 piece of bread torn into small pieces (optional)
- 1 tablespoon shredded cheese (e.g., cheddar cheese, mozzarella, etc)

Instructions

- In a microwave-safe mug or bowl, microwave butter for 10 seconds or just until melted. Add egg, milk, salt, and pepper and whisk vigorously until thoroughly combined and egg white is incorporated.
- Add vegetables, bread (if using), and shredded cheese and stir all together. Make sure ingredients are evenly dispersed and have not settled to bottom of mug.
- Place mug or bowl into microwave and cook on high for one minute.
- Remove mug or bowl, stir with a fork, and microwave on high for an additional minute. Serve immediately.

Nutritional Information

Calories 280	Total Fat 9g	Sodium 90mg	Total Carbs 32g	Protein 10g
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Nutrition Tip: Breakfast is important because it gives us energy and brain power to get through the day. It is important that we feed our bodies healthy foods because this can set the tone for the rest of our day. With this simple scrambled egg recipe, you can add whatever toppings you wish. Add some ham for protein or some spinach and peppers for an extra helping of vegetables.

Find more delicious recipes!

- Celebrate Your Plate - <https://celebrateyourplate.org>
- American Heart Association - <https://www.heart.org>
- Common Threads - <https://www.commonthreads.org>



* Material provided is for informational purposes only. Please consult your medical professional for activity and diet advice for your individual health condition



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