

THE CARE AND FEEDING OF AN **ALMOST ADULT**



EGGS IN A CUP

Serves 1

INGREDIENTS:

- 2 eggs
- 2 tablespoons skim milk
- 2 tablespoons shredded cheddar cheese
- *salt and pepper to taste

DIRECTIONS:

- ✓ Coat 12 oz microwave-safe coffee mug with cooking spray.
- ✓ Add eggs and milk; beat until blended.
- ✓ Microwave on high 45 seconds; stir. Microwave until eggs are almost set, 15 — 40 seconds longer (depending upon your oven's wattage).
- ✓ Top with cheese; season with salt and pepper (or hot sauce or salsa if you like).