

Microwave egg wrap

Makes 1 serving

10" tortilla
1 large egg
1 tablespoon shredded cheese
1 tablespoon salsa



Line a microwave safe bowl with a paper towel, then line the paper towel with tortilla. Carefully crack the egg into the tortilla. Gently whisk the egg with a fork.

Microwave for 30 seconds, then whisk the egg again. Microwave an additional 15-30 seconds until egg is set (microwave times will vary based on power). Remove from microwave and top with shredded cheese and salsa. Fold tortilla to form wrap.

Modifications: swap whole wheat tortilla for regular. Top with leftover steamed or roasted veggies. Use feta cheese instead of shredded. Add pico de gallo or green salsa.

Nutrition info: 286 calories, 11g fat, 602mg sodium, 34g carb, 1.3g fiber, 13g protein. Good source of calcium and iron.

Adapted from www.incredibleedibleegg.com



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