

Microwave Eggs Ole



4 eggs
1/4 cup skim milk
2 Tablespoons salsa

2 Tablespoons black olives, diced
2 Tablespoons reduced-fat shredded
cheddar cheese

Instructions: Spray microwave-safe dish with non-stick cooking spray. Whisk eggs in medium bowl. Add milk; whisk. Pour mixture in dish, cover and microwave on high for 4 minutes. Remove lid and use fork to scramble eggs. Top with salsa, olives and shredded cheese.

Yield: 2 servings

Nutrition Facts (per serving): 120 calories, 7 grams fat, 310 milligrams sodium, 4 grams carbohydrate, 1 gram fiber, 10 grams protein