



NUTRITION CONSULTING INC.

## Quick Egg and Cheese

*This is a great quick weekday recipe that is used with permission from [www.eggs.ca](http://www.eggs.ca). Combine with a toast or English muffin and a piece of fruit or tomato slices to balance the meal.*

### Makes 1 Serving

### What you need:

1 egg  
2 tsp shredded cheese  
Oil or a non-stick spray

### How you prepare:

Crack an egg in a microwave safe mug sprayed with oil or a non-stick spray. Pierce egg yolk with toothpick or fork. Cover with plastic wrap with one corner pulled back for venting.

Microwave on MEDIUM-HIGH (70%) for 45 seconds to 1 minute or until desired doneness. Sprinkle cheese on top of the egg in the mug. Let stand 1 to 2 minutes without removing plastic wrap.



### Per serving:

Calories 91  
Carbohydrates 0 g  
Protein 7.3 g  
Fat 6.5 g  
Dietary Fiber 0 g

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