

MICROWAVE DENVER SCRAMBLE SLIDER

- 2 tablespoons red OR green bell pepper
- 1 tablespoon chopped onion
- 1 egg
- 1 thin slice deli ham, chopped (1oz)
- 1 tablespoon water
- salt and pepper to taste
- 1 slider-size bun OR whole wheat English muffin, split, toasted
- ketchup (optional)

1. Place pepper and onion in 8-oz. microwave-safe ramekin or custard cup. Microwave on High for 30 seconds; stir. Add egg, ham and water; Beat until blended.
2. Microwave on High 30 seconds; stir. Microwave until egg is almost set, 30 to 45 seconds longer. Season with salt and pepper.
3. Serve in bun with ketchup, if desired.

