










Recipe for: Scrambled Egg and Ham Sandwich!











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Grocery List:


For each sandwich:

-  1 Bagel (sliced and toasted)
-  1 slice of ham
-  1 slice American cheese
-  2 eggs
-  Medium sized microwave safe bowl
-  Cooking spray
-  Salt and pepper to taste

Instructions

-  With a plastic knife, chop the ham into small ¼ inch sized pieces
-  Mix together all ingredients.
-  Spray a microwave safe bowl with cooking spray.
-  Add all ingredients to bowl, microwave in HIGH for 1 minute.
-  Take mixture out (BE CAREFULL, IT COULD BE HOT!)
-  Stir egg with fork pulling cooked egg to center.
-  Re-heat 30 seconds
-  Check for firmness until there is no clear or shiny liquid in center
-  Once cooked through fold egg in half with a fork.
-  Place egg on the bottom of the toasted bagel, add the slice of cheese on top, cap with the top of the bagel.

 = **Adult needs to help!**

 = **Kitcheneer approved activity!**

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