Easy Breakfast Bowl

From the kitchen of Lorran Ogden Bronnar, Special Events Manager, Iris & B. Gerald Cantor Center for Visual Arts

Ingredients
☐ ½ cup of chopped vegetables
☐ 2 tablespoons water
☐ 1 can of beans
☐ 1 fresh egg
☐ ¼ cup grated cheese

“Today I used black beans, a third of a medium zucchini, an egg from my Rhode Island Red Layla and cheddar cheese.” – Lorran

Directions

1. Chop veggies and place in a bowl of water, microwave for 1 minute, drain.
2. Rinse canned beans, drain and remove some of the sodium and natural elements that cause gas.
3. Scramble egg and stir into veggies and beans.
4. Microwave for 1 minute (or until desired tenderness of veggies is reached and egg is cooked).
5. Stir and allow to cool for a minute, top with cheese.

There are numerous variations:

- Fresh poblano chili, refried beans, egg, jack cheese
- Red bell pepper, spinach, black beans, egg, crumbled feta
- Mushrooms, tomato, Italian parsley, white cannelloni beans, egg, parmesan
- Simple whole pinto beans, egg, Mexican cheese
- Fresh bean sprouts, carrot, frozen shelled soy beans, egg