

Easy Microwave Quiche

OK, it's not exactly quiche, but this is a quick and easy recipe to make a no-crust, quiche-like breakfast dish. It's simple, fast and healthy!

Ingredients:

- vegetables of your choice
- egg(s)
- shredded cheese
- salt and pepper



Step ①



Look around the kitchen and find some vegetables that you like. Cut or slice the vegetables into small bite-size pieces. For mine, I used carrots, onions, green onions and spinach.

Step ②



Put your vegetables into a microwave safe bowl, cover and cook in your microwave oven for 1-2 minutes. The cooking time will depend on the amount of vegetables you use.

Step ③



Remove the bowl of vegetables from the microwave oven. (Be careful! It may be hot!) Add one or two eggs, some cheese (maybe 20g), salt and pepper and mix it all together. (Don't add too much salt! If it needs more flavor, you can add more salt later.) Cover the bowl, put it back in the microwave oven and cook for 2 more minutes.

Step ④



Remove from the oven and enjoy! You can top it with ketchup or other sauces if you like. I used leftover salsa on mine.

Feel free to add ham, bacon, sausage or pretty much whatever you like to this recipe! What could be easier!