



HARD-BOILED EGGS

PREP TIME: 2 minutes

SERVING SIZE: 1 egg

COOK TIME: 8 minutes

SERVES: 4

INGREDIENTS

- 4 medium eggs
- 1-2 cups water
- Salt and pepper to taste

PREPARATION

1. Without adding the eggs, fill a large microwave safe bowl with enough water to reach at least 1 inch.
2. Heat water alone on high for 3 minutes.
3. Place eggs in the bowl and cover with a microwave safe plate
4. On medium heat, microwave eggs for 3 ½ minutes.
5. Let eggs cool in the bowl for another 8-10 minutes, or until they are easy to handle.
6. Serve with salt and pepper to taste.



Nutrition Facts

4 servings per container	
Serving size	1 egg
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 185mg	62%
Sodium 70mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 1mcg	6%
Calcium 28mg	2%
Iron 1mg	6%
Potassium 69mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

SOURCE

www.thedailymeal.com

Recipe modified by CHOICES Nutrition Education Program

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PLÁTANO EN UNA MANTA

TIEMPO DE PREPARACIÓN: 5 minutos

TAMAÑO DE PORCIÓN: 1 blanket

TIEMPO PARA COCINAR: x minutos

PORCIONES: 1

INGREDIENTES

- ½ (6 pulgadas) tortilla de trigo integral
- 1 cucharada mantequilla de cacahuete reducida de grasa
- ½ plátano mediano
- 1 cucharadita jarabe de arce o miel
- 1 cucharada cereal crujiente de pepita de nuez o granola

PREPARACIÓN

1. Coloque tortilla sobre un plato. Esparcir la mantequilla de cacahuete lisamente sobre la tortilla. Rociar el cereal sobre la mantequilla de cacahuete.
2. Pelar y colocar el plátano sobre la tortilla y enrollar la tortilla. Lloviznar encima con el jarabe de arce o miel.
3. *Opcional:* Adornar encima con más cereal.

FUENTE (O ADAPTADA DE)

fruitsandveggiesmorematters.org

Receta modificada por CHOICES Programa Educativo de Nutrición

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